



Blueberry Hill KITCHEN NOTEBOOK



BY *Elsie Masterton*

*Author of BLUEBERRY HILL COOKBOOK and
BLUEBERRY HILL MENU COOKBOOK*



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Blueberry Hill KITCHEN NOTEBOOK



Elsie Masterton

Decorations by Ava Morgan

History in the realm of American cuisine was made on July 6, 1959, publication date of a quiet little cookbook, the *Blueberry Hill Cookbook* by Elsie Masterton, a New York gal who had, starting from scratch, turned a defunct ski area into a famous inn with "cooking by Elsie."

The rest is a matter of record. The *Blueberry Hill Cookbook* "took off," a publishing term meaning that everybody who had one discussed it with her friends, who discussed it with her friends, and the book just, well, "took off."

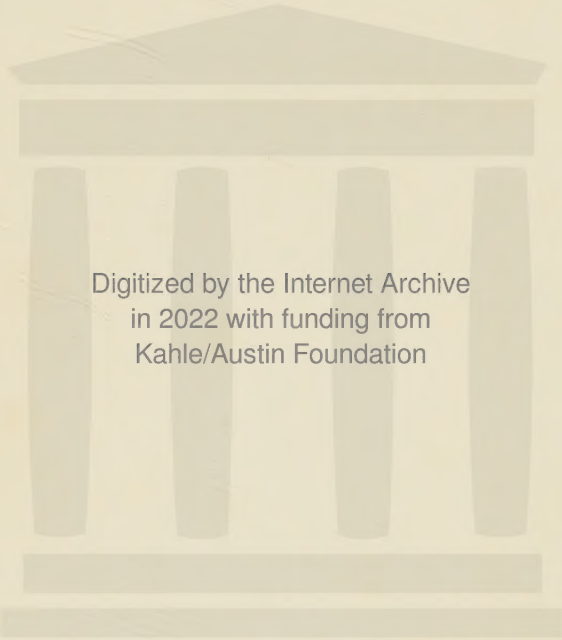
In 1963, 26,000 copies later, Elsie brought forth an eagerly awaited sequel, the *Blueberry Hill Menu Cookbook*, which has taken its place alongside the first as a thumbbed-over, laughed-over, cooked-by (this last a rare attribute) cookbook.

Now, barely a year after the last, comes Elsie's **BLUEBERRY HILL KITCHEN NOTEBOOK**, which rounds out what some of her more whimsical guests call her Blueberry Hillogy — her trilogy of cookbooks.

(continued on back flap)

Jacket design by Ava Morgan

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**BLUEBERRY HILL
KITCHEN NOTEBOOK**

By the author

*NOTHING WHATEVER TO DO
BLUEBERRY HILL COOKBOOK
OFF MY TOES!*

*BLUEBERRY HILL MENU COOKBOOK
BLUEBERRY HILL KITCHEN NOTEBOOK*

BLUEBERRY HILL



KITCHEN NOTEBOOK

ELSIE MASTERTON



DECORATIONS BY
AVA MORGAN



THOMAS Y. CROWELL COMPANY
ESTABLISHED 1834

NEW YORK

WITHDRAWN

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Designed by Ava Morgan

Manufactured in the United States of America

Library of Congress Catalog Card No. 64-22771

FIRST PRINTING

F O R E W O R D

This book was ready to go to press, the introduction was written, everything was all set when I was asked to go to St. Petersburg, Florida, to serve as one of the national judges of the Mrs. America Homemaking Competition. As soon as I returned home, I asked my editor if there would be room for me to add to this book some of my thoughts about the women of America, based on this very moving experience.

As one of the national judges for the Mrs. America contest I spent a week, along with six other judges, talking with, about, and to some of the finest young married women in the fifty states. There were, in fact, fifty-one candidates, one from each state and one lovely young gal from the District of Columbia. You probably know that, at the start, twenty-five years ago, this was considered basically a bathing suit contest. That's all changed. Contestants are judged now on their homemaking skills, poise, personality, good grooming, and their contribution to their community through their participation in church, school, civic, and club activities. A good many of the young women entered in the competition are nominated by the women's clubs in their home towns—in fact, the General Federation of Women's Clubs gives this contest its blessing. Many of the contestants were actually quite shy young women who entered at the urging of their chambers of commerce. The fact was that they were all lovely—full of

charm, wit, intelligence, and concern with the responsibility they had in entering this contest. Each entrant had passed the test of her own state contest—in some cases, depending on local competition, this was harder than in other cases. However, each young woman had to prove that she was the top homemaker, or perhaps I should say, representative of the top homemaker, of her own state.

They arrived at St. Petersburg with their husbands—probably scared to death—and then it was a matter for the judges to decide how representative each one was, not only of her own state, but of our ideal of the top homemaker in the nation.

She didn't have to be the most beautiful young married woman in the United States, but she did have to be, to get into the winning circle, the kind of gal we'd like to think our own youngsters would grow up to be—the kind of mother. All of the contestants, by the way, were mothers; from one child to seven was the gamut, with emphasis on five as an average. They all did their own cooking; lots of them made all their own clothes; they were all busy with community work of one sort or another; but basically, and this was the important value to me, they were full of love. There was love for their families apparent in each case, and it was great to see, this love that glowed and shone through their eyes. Their husbands were with them, every sort of profession represented; and were they proud of their wives! They were bursting with it. In the initial interview with each couple, man after man said to us without batting an eye: "My wife is Mrs. America, already," and meant it.

The judges worked harder than the contestants. One day the three other homemaking judges and I watched the contestants, using gas ranges, compete in the cake-baking event. In the cake chapter I have given you the winning recipe. Each contestant had to bake a cake, cool it, ice it, and present it for our judging—not an easy task with a strange oven, and in many cases at a different altitude. Then we, the judges, had to taste each one. Seventeen different cakes—with a sip of lemon and water between each forkful, to keep our taste-buds alert! This was just before lunchtime, so we skipped

FOREWORD

lunch. Then, in the afternoon, each gal had to prepare a one-dish meal—a casserole, the universal church-supper dish—and some of them were pretty darn good! Coming from me, that's a statement! Anyway, just before the supper hour, we had to taste seventeen casseroles! Of course, after all those noodles and spaghetti and macaroni, we skipped our own supper. At night, again, the cakes! Close to midnight there were four homemaking judges, glassy-eyed, tasting seventeen more cakes. A prize was awarded to the best of these, and the next day it was all repeated, so that by the end of two days, we had tasted fifty-one cakes and fifty-one casseroles.

By the end of the week, even with the natural diffidence between contestant and judge, I got to know these young women very well, indeed. I grew to love them all, they were so endearing. The end result, and that's why I'm writing this foreword, was a feeling of security, a sense of relief, a knowledge that we are a fortunate nation, because if these fifty-one gals and their husbands are representative of our young people in this country today, we don't have a thing to worry about, not a thing. These were the greatest, the most generous, the best sports! They all wanted to win, but there was no grumbling, no backbiting. How terrific to know that not one, not two, not just a dozen of these gals were what we'd like our daughters to grow up to be, but that they all were—not one more than the other. Every one of them cooking for her own family, enjoying it, trying new recipes, collecting cookbooks; wanting, above all, to have a good, productive life not just for herself, but for those she loves. And none of them ducking the vital issues of today; I heard much talk about the matters that concern us as a nation, both domestically and internationally, and it was good talk, liberal talk, educated talk.

So, for the first time, instead of dedicating this book only to my family, as I have done in the past, I'd like to dedicate it also to these young married women who have given me hope in a doubtful world. If you'll turn the page, you'll see that that's what I've done.

DEDICATED TO

ALL THE MRS. AMERICAS
and their husbands,

AND, AS ALWAYS,

to HEATHER,

who tested the upside-down chocolate cake,

to LAUREY,

who bakes fabulous brownies,

to LUCINDA,

my love, and

to JOHN,

my own

CONTENTS

<i>Foreword</i>	v
<i>Introduction</i>	1
<i>While We Wait for the Napkin, the Soup Gets Cold</i>	5
<i>A Pretty Kettle of Fish</i>	12
<i>You Elegant Fowl!</i>	28
<i>How Will You Have Your Beef?</i>	46
<i>Mary Had a Little Lamb</i>	57
<i>This Little Pig</i>	65
<i>Some Words on Veal</i>	75
<i>Potatoes, White and Sweet</i>	84
<i>Some Starches I Like</i>	92
<i>Eat Your Vegetables!</i>	101
<i>A Good Egg</i>	119
<i>Salad Days</i>	128
<i>Relishes, Preserves, and Such</i>	141
<i>An Herb a Day</i>	152
<i>A Loaf of Bread and Thou</i>	156
<i>Bake Me a Cake</i>	169
<i>Keep the Cookie Jar Filled!</i>	183
<i>Baked in a Pie</i>	192
<i>Of Nectar'd Sweets</i>	208
<i>A Glass of Wine</i>	229
<i>Odds and Ends and This and That</i>	233
<i>Dishes for Freezing</i>	245
<i>Index</i>	249

"Cook! [said Mrs. Berry] there wasn't such another cook out of a Alderman's kitchen; no, indeed! And she a born lady! That tells ye it's the duty of all women! She had her saying—'When the parlor fire gets low, put coals on the ketchen fire!' and a good saying it is to treasure. Such is man. No use in havin' their hearts if ye don't have their stomachs."

Perceiving that she grew abstruse, Mrs. Berry added briskly: "You know nothing about that yet, my dear. Only mind me and mark me: don't neglect your cookery. Kissin' don't last; cookery do!"

THE ORDEAL OF RICHARD FEVEREL
by George Meredith

INTRODUCTION



The foregoing advice, proffered by one Mrs. Berry to a young lady contemplating matrimony, has always made sense to me. "Kissin' don't last;

cookery do!" I guess I agree with it completely in so far as the cookery is concerned; not quite in regard to the kissing. I do feel, honestly, that cooking is of great romantic importance; that it is a means of courtship in a way of its own. It is, as well, and truly do I believe this, a skill. As such, it requires thought, though not to the point of distress; it calls for interest; it needs a bit of study.

So let's modify it and say that kissing may or may not last—and how fortunate are those who know its constancy—but there's a great deal to be done in the cookery department that will grasp and hold the imagination, the digestion, and the gratitude of our men. Women may be career women; they may say they can go it alone; but in the last analysis, men matter to women, very, very much, and one way to show them that they are cherished, loved, and wanted is to make them comfortable: sew on their buttons, send their red vests to the cleaners; stay as lovely as you are able without overdoing the night creams and the curlers; and, perhaps most important, feed them well.

From the first year of my marriage to John and my coming

to Blueberry Hill to be the mistress of his house and the mother of his children, I have, perhaps unconsciously, worked at the job of keeping the food on our table interesting. Those of you who know my first two cookbooks, the *Blueberry Hill Cookbook* and the *Blueberry Hill Menu Cookbook*, know something about that.

However, besides the recipes included in those two books I have kept what I call my "kitchen notebook"; perhaps another name for it would be my "cookery do notebook." Writers keep these, why not cooks? Chekhov, one of my literary idols, who wrote his magnificent short stories while he practiced medicine, carried his notebook with him on his calls. Many of his finest stories can be traced to notes he made in a farmer's home, perhaps in the barn; to a remark he heard a countess drop.

So, for all the years I've been at Blueberry Hill, I've kept, near my range in my old-fashioned kitchen, a notebook. Lots of times it's just a batch of index cards; sometimes it's a yellow pad; once in a while, a looseleaf notebook is actually at hand when I want it. Whatever I hear pertaining to food and cooking, if it seems like a good idea, if it seems to me that somebody else might like to know of it, I set down. Many times I'm so busy that it's just a scrawl, to be deciphered later—and sometimes never. There's so much good talk around me all the time, what with my guests, my friends, my family descending on me as they do in my kitchen, the heart of my house, that it would be a shame, truly, to let it float away unnoted, to waste it all.

Finally, in this book, I have gathered all my notes together in one place, sorted them into categories, ready for those who want them. It's been fun, remembering where each item came from, who told it to me or how I found it out for myself. It's been gratifying to write down some of my prejudices, knowing, from my correspondence with so many of my readers, that I am not alone in them.

This, my third cookbook, rounds out what one of my more whimsical guests calls my Blueberry Hillogy—a trilogy of cookbooks. As in my second one, the recipes do not duplicate those in the first, except in the rare case where it seems im-

portant to repeat something. The book can stand alone, without the other two, or, as I hope you will want it to do, it can complement them. This, the *Blueberry Hill Kitchen Notebook*, is perhaps the most intimate of the three books. It takes you into my own kitchen, takes note of my own kitchen ways. I hope it will be as much fun for you to use as it has been for me to do.

WHILE WE WAIT FOR THE NAPKIN, THE SOUP GETS COLD



An apt quotation, that. Never let the soup get cold, if it's supposed to be hot—and, if should be chilled, let it not be lukewarm. On a cold day, a bowl of hot soup not only nourishes, it comforts. Come summer, the refreshment of a cold vichyssoise or bouillon on the rocks cannot be overestimated.

Husbands have been won on a bowl of soup. True! The mystique of the soup bowl confronts us all—the slow simmering of the broth, the collapsing of the vegetables until they are part of the whole, the self-seasoning, the final tasting, and if you then produce a proper blend, you are a cook. On this alone you can have a reputation, ready-made. Soup of the evening, beautiful soup! Do this well, you are on your way, you are notably apt in the culinary art. What more can you ask?

There's a great **POLISH JELLIED BEET SOUP** you might want to try some hot day. Fix it in the morning. You will need **1 cup of beet juice**, drained from canned beets. Add this beet juice to **1 quart of consommé** and bring it to a boil. In a little bowl, dissolve **1½ teaspoons of unflavored gelatine**

(this is half an envelope) in $\frac{1}{2}$ cup of good sherry—the kind you'd enjoy drinking; none of that cooking sherry will do—and 1 tablespoon strained fresh lemon juice. I guess you could use bottled or frozen, at that. When the gelatine is dissolved, in about 5 minutes, add the mixture to the consommé and taste it. A little sugar doesn't go amiss here. Place 1 teaspoon of caviar (black or red; either the expensive beluga or the inexpensive salmon roe or whitefish caviar) in each of 6 bouillon cups. Pour the soup over the caviar, place the cups in the refrigerator, and let it chill. Try it. Serves 6 to 8.

INGREDIENTS: 1 cup beet juice; 1 quart consommé; $1\frac{1}{2}$ teaspoons unflavored gelatine; $\frac{1}{2}$ cup good sherry; 1 tablespoon lemon juice; sugar; 6 teaspoons caviar.

A quick and delicious **BEET BORSCHT** is made by using your blender, a helpful bit of equipment. Put the entire contents of 1 can (1 pound) of beets (whole, sliced, any kind), plus the juice only of another can, and 2 tablespoons of lemon juice in your blender. (You can use the beets that were in the second can with some of the orange sauce in the *Blueberry Hill Cookbook*, if you'd like. They require that the beets be drained; thus, if you wish to reverse things, you can use the liquid you have left from the orange beets for this soup.) Purée the beet mixture until smooth, a matter of minutes only; then add $\frac{1}{2}$ cup of commercial sour cream (or more, if you like sour cream). Add 1 tablespoon sugar, then mix again just for a moment. Set it in your refrigerator so that it's well chilled and serve it with a spoonful of sour cream floating in each bowl. Pass some chopped chives while you're at it. Serves 4.

INGREDIENTS: 1 can (1 pound) beets; juice of another 1 can beets; 2 tablespoons lemon juice; commercial sour cream; 1 tablespoon sugar.



A true New England clam chowder is better if you eat it tomorrow. It seasons overnight. Fish chowder the same.

And now here's one for you. A **LITHUANIAN FISH CHOWDER**, a recipe given to me by—what do you think?—a Lithuanian friend of mine. If you've tried my recipe for Lithuanian pancakes, which this same gal gave me, in the *Blueberry Hill Menu Cookbook*, you'll have faith and go along with this one. This recipe calls for boiling the *whole* fish, a very practical idea.

Have a **2-pound whole fish** scaled and cleaned. You should use, if possible, a fresh-water fish, such as bass, perch, whitefish. A haddock will do if you can't get the other sort. Bring to a boil a large pot of **water**. A quart of water for each pound of fish is about right: 2 quarts for 2 pounds; 3 for 3, etc. Add the fish to the water, then add **1 teaspoon salt**; **2 bay leaves**; **4 peppercorns**, and **1 large onion**, sliced and peeled. Allow this to simmer until the flesh of the fish separates from the bone, about $\frac{1}{2}$ hour. Remove the fish from the broth and strain the liquid. In the same pot, now empty, melt **1 tablespoon of butter** and let it sizzle. Then add **1 large onion**, sliced thin, and lightly brown it. Golden, you know. Pour the strained liquid over this onion and stir it around to get all the brown juices up into the broth. Add **2 medium potatoes**, sliced thin; **1 carrot**, quartered or cut into small pieces. Boil slowly until the potatoes and carrots are tender. This will take about 20 minutes.

While this is going on, take all the meaty portions of fish from the bones. Discard the bones and add the fish to the soup. Just before serving, stir in **1 cup commercial sour cream** and **1 teaspoon sugar**. Taste for seasoning. Serve when hot. The sugar is optional; that is, not with me, but you do as you please there. Serves 6 to 8.

If you use a 3- to 4-pound fish, double all ingredients—and remember, 1 quart of water for each pound of fish. If you'd like a thicker soup, add a few extra potatoes.

INGREDIENTS: 2-pound whole fish (bass, perch, whitefish, haddock); 2 quarts water; 1 teaspoon salt; 2 bay leaves; 4 peppercorns; 2 large onions; 1 tablespoon butter; 2 medium potatoes; 1 carrot; 1 cup commercial sour cream; 1 teaspoon sugar (optional).



There are many ways to help a soup. One is to stick some cloves into the meat you are using for the stock; another is to fry some onions dark brown, rinse the frying pan with some of the soup, and add onions and broth to the pot.



Comes a hot day, place 2 ice cubes in each old-fashioned glass or heavy tumbler. Add **consommé**, undiluted, to cover. Stir in a tablespoon **sherry** for each glass. A twist of **lemon rind** for each and serve it right away so the ice won't dilute the **consommé** too much. Provide a stirrer with each glass. A cool and delightful idea, don't you think? This is called **CONSUMME ON THE ROCKS**.



Speaking of cold soups, a hot potato dropped into a frigid bowl of soup, thick or thin, is a delightful surprise.



Have you ever diced orange sections, the meaty California variety, added them to **consommé**, then jelled it? Let the juice mingle.



A cubed tart apple dropped in a pot of **consommé** will do wonders for it. Remove the apple after you've heated the **consommé**.



One of the nicest soups I've ever had came to me in an Italian restaurant, which served just-wilted escarole, floating about in a beautifully flavored chicken broth. I've often wondered what to do with the escarole that didn't fit into my salads. Here's the solution—**CHICKEN BROTH WITH ESCAROLE!** Garlic bread served with.



You know what "stock" is, I suppose. Some people don't. Another word for it is broth. You can't produce a good stock, or broth, with just bones. You have to have meat of some sort, or chicken—in fact, there should be twice as much meat as bones. As for water, just remember to have at least a quart

of water for each 2 pounds of meat and bones, together. That'll give you a strong broth. More water, more watery.



An excellent soup is one I call **BAKED POTATO SOUP**. It's made of 1 large just-baked mealy potato, dug out of its skin and pressed through a sieve or a Foley food mill (you have one of those?). Let the potato drop right into your soup pot (1-quart size will be just about right—this will produce enough for 4) and add to the potato 2 cups chicken broth. I'd prefer that you used homemade broth, which you ought to keep in your freezer in large juice cans ready to be reheated right in the can and used whenever it's the right moment. Add to the potato and the broth the yolk of 1 large egg, $\frac{1}{2}$ cup light cream (not coffee cream; if you can't get light, dilute some heavy with a little milk), 1 tablespoon chopped parsley (fresh, always) and bring the whole thing just to a boil. Taste it for salt and pepper, and I always add 1 teaspoon sugar. The seasoning is dependent on the state of your chicken broth, so you'll have to taste this one to know. Serves 4.

INGREDIENTS: 1 large just-baked potato; 2 cups chicken broth; yolk of 1 large egg; $\frac{1}{2}$ cup light cream; 1 tablespoon chopped parsley; salt; pepper; 1 teaspoon sugar.



Did you know that a good way to thicken soup, if flour has been crossed off your diet list, is to grate 1 small potato directly into the soup for each cup that you want to thicken? Let it simmer with the soup for about 10 minutes.



And the right way to get grease from the top of your soup is to chill it quickly, outdoors if it's cold enough for that, or by plunging the pot into a sinkful of ice water, then set it in your freezer. In 10 minutes the fat will have risen sufficiently for you to skim it off with a large flat spoon. An ice-cream scoop, the flat kind, is the best utensil I know for this. Keep the fat, particularly if it's a chicken broth, and use it for frying or for the shortening in biscuits.



Potatoes are the backbone of a good **VICHYSOISE**. Sauté **2 medium onions**, chopped, and the **white part of 2 leeks** in **2 to 3 tablespoons butter** until they are golden. Add **3 medium-sized raw potatoes**, sliced, cover with **1 quart good chicken broth**, and simmer until the potatoes are soft. Press it all through a sieve or buzz it in a blender; taste it for **salt and pepper** (which depends on the stock you used) and add if necessary. As you serve each portion, add heavy cream. You'll need **1 cup heavy cream** in all. If you want it cold, don't add the cream until the rest of the soup is chilled through. **Chives** on top. At the end you'll have enough for 8.

INGREDIENTS: 2 medium onions; white part of 2 leeks; 2 to 3 tablespoons butter; 3 medium-sized raw potatoes; 1 quart good chicken broth; salt; pepper; 1 cup heavy cream; chives.



One of our favorite lunches at Blueberry Hill is a great bowl of lentil or split pea soup. To really make a meal of it, add 1 fat all-beef knockwurst for each person. Bring the soup back to a boil (since I frequently add the knockwurst frozen out of my freezer, this sometimes takes 10 minutes or more), simmer for 2 more minutes (be sure knockwurst is thawed!), then serve. Each guest should have a large soup plate with his knockwurst filling a good part of it, surrounded by the lentil or pea soup. Pumpernickl you'd better provide, and lots of fresh sweet butter. People need knives and forks for this soup.



If you're thinking of fixing a soup with some beef bones, brown them in the oven first. Pour a little boiling water over them to take up the brown juices in the pan, scrape it all into your soup pot. Go on from there.



Have you some watercress where you live? We have, in the brook near the house. Well, buy some then and make **WATERCRESS SOUP**. Chop **2 cups of watercress**, leaves and the tender parts of the stems (wash it first!), then sim-

mer it with 6 cups of that good homemade chicken broth you have in your freezer. Two minutes will do it. Keep that watercress green. A perfect company soup with grilled bread, which is tiny triangles of white bread, sautéed quickly in sizzling butter. A good foil for the soup. Serves 4 to 6.



Serve a plain soup with a garnish and call it a party. How about chopped pistachio nuts over a creamed soup? Sliced hard-cooked eggs? Fancy slices of lemon peel? Or, always good on any soup, chopped chives, a salted blob of whipped cream, toasted almonds. And, if you're feeling gala, spread over each cup of hot soup a thin coating of heavy cream just whipped; slip a trayful under the broiler. They'll brown in a minute or two. Serve these at once!

Or think of thin-sliced cucumbers, thin-sliced raw mushrooms, pecans. Almonds. Avocado slices, particularly beautiful in a dark, clear soup.



You've heard of fruit soups? They're served in the Scandinavian countries a great deal and there's much to recommend them. This **RHUBARB SOUP** makes a conversation piece and it's good, too. So try it; live dangerously. Wash and trim and cut into thin slices enough rhubarb to make 3 cups of sliced rhubarb, add 1 quart water, and boil for about 10 minutes or until the rhubarb is quite soft. Press through a food mill or a sieve. Add 1 teaspoon cornstarch dissolved in $\frac{1}{4}$ cup cold water and cook and stir until the cornstarch has lost any cloudiness it may have had. In other words, be sure the rhubarb mix is clear. Add sugar to taste, and I would suggest that you start with 1 cup. You might want a little more than that. Just be sure the rhubarb no longer is pronouncedly sour. Whip until quite stiff $\frac{1}{2}$ cup heavy cream and the yolk, only, of 1 egg; dump the cream into the soup, combine briskly with a wire whisk, and serve. Hot or cold, either way; rhubarb soup! Serves 4 to 6.

INGREDIENTS: 3 cups sliced rhubarb; 1 quart water; 1 teaspoon cornstarch; $\frac{1}{4}$ cup cold water; sugar; $\frac{1}{2}$ cup heavy cream; 1 egg yolk.

A PRETTY KETTLE OF FISH



As the years have passed at Blueberry Hill with people eating meal after meal of one sort and another, I have watched the popularity of my seafood repasts rise to unexpected heights. People who never eat fish do so in my dining room and shake my hand afterward. There's a reason, of course. Fish is not something to dip in egg and cracker crumbs and fry. No, lay it tenderly in a baking dish, season it, douse it with a delicate wine, bake it five minutes, six if it's thin fillets, a few minutes more if it's heavier, serve it bubbling—perhaps some Parmesan lightly browned on top—perhaps some bread crumbs.

That's all there is to that. Treat it gently, not only in baking but in broiling, in poaching, in steaming. Moist and tender and subtly seasoned. That's the way.

If you live near a lake, as we do, you know the goodness of lake fish, most particularly pike and whitefish. Ours is caught through the ice in the winter months—none better. Try this **PIKE or WHITEFISH BAKE**. Clean a 3-pound fish and, if pike, split it, being careful not to break through the skin, and remove all the bones. If a whitefish, cut in serving-sized pieces. Wash and dry the fish with a paper towel, then rub all its surfaces with salt and pepper. Lay the fish in a buttered casserole, skin side up.

Spread with $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) soft butter, and place the fish in a hot (450°F.) oven to start baking. Now mix together 1 tablespoon flour, $\frac{1}{2}$ teaspoon sugar, and 2 tablespoons commercial sour cream. When the flour is smoothly enscorced in this mixture, add the mixture to $1\frac{1}{2}$ cups additional sour cream. Sauté 1 medium onion, minced, in 1 teaspoon butter just until golden. Add onion, 1 bay leaf, and the cream mixture to the fish, spreading it over all surfaces as much as possible. Bake 10 minutes or until the fish can be flaked. This depends on the size of the fish, so check as you go. Remove from the oven, sprinkle with $\frac{1}{2}$ cup soft bread crumbs rolled in melted butter and 2 tablespoons grated Parmesan cheese—and there is no substitute for bread crumbs broken from soft yet firm white bread—none of these packaged deals here. Slide the fish under high broiler heat, letting the crumbs brown lightly. Remove the fish from the baking dish with a pancake turner or oven shovel onto a hot platter; add 1 tablespoon creamed horseradish to the juices in the pan. Spoon the sauce around the fish. This will serve 4.

INGREDIENTS: 3-pound pike or whitefish; $\frac{1}{4}$ cup butter; 1 tablespoon flour; $\frac{1}{2}$ teaspoon sugar; $1\frac{5}{8}$ cups commercial sour cream; 1 medium onion; 1 teaspoon butter; 1 bay leaf; $\frac{1}{2}$ cup soft bread crumbs; melted butter; 2 tablespoons grated Parmesan cheese; 1 tablespoon creamed horseradish.



No better appetizer can be found for a buffet supper than smoked whitefish or sturgeon or both, cut in bite-sized pieces, served with lemon wedges, thin red or Bermuda onion rings, cucumbers, and commercial sour cream on the side. A few scallions go well—and always, black bread.



Here's a good way with trout—**TROUT BAKED WITH LETTUCE**. I nearly called this "lettuce bake trout," but John said no. Wash 6 or 8 small trout, clean them, and dry them. You clean trout with the aid of a scissors: snip off the heads, cut the breast open, remove the insides, trim the fins here, there, and about. Sprinkle with salt and pepper, inside and

out. Use an earthenware casserole, preferably, although another sort will do, a shallow one. Spread $\frac{1}{2}$ head of shredded iceberg lettuce evenly on the bottom of the dish. Sprinkle on the lettuce bed $\frac{1}{2}$ teaspoon salt; a brisk grind of pepper; 1 clove of garlic, chopped fine or pressed through a garlic press; and 2 tablespoons pure olive oil. Stir it around, lay the trout on the shredded lettuce, cover it with the other $\frac{1}{2}$ head of shredded lettuce. Cover tightly. Bake in a moderate (350°F.) oven 30 to 40 minutes. The lettuce will be almost completely absorbed, so don't hesitate to use a good bit. Serves 3 or 4.

INGREDIENTS: 6 or 8 small trout; salt; pepper; 1 head of iceberg lettuce; 1 clove garlic; 2 tablespoons olive oil.



A lovely light lunch consists of red caviar, commercial sour cream, hard-cooked eggs with lots of freshly ground pepper, green onions, rye bread and butter, and hot, strong tea.

Dinner parties sometimes feature fish, as they should. This recipe for **FLOUNDER RINGS WITH CRAB MEAT AND MUSHROOM STUFFING** will make your reputation.

Butter 6 large custard cups or muffin cups and, inside each, coil a fillet of flounder that you have salted and peppered. Sauté 1 cup sliced fresh mushrooms in 3 tablespoons butter until just wilted. Add a few drops onion juice (scrape a cut onion with a sharp knife to bring out the juice) and sprinkle the mushrooms with $\frac{1}{4}$ cup flour. Stir them around well, making sure the flour coats all the mushrooms, and, when the flour mixture starts to bubble, add, gradually and stirring all the time, $\frac{1}{2}$ cup milk. Bring this to a boil and add $\frac{1}{2}$ cup fresh crabmeat (you can usually buy this by the pound in fish stores), 1 tablespoon light sherry, $\frac{1}{4}$ teaspoon salt, and a few gratings of fresh black pepper. Combine and fill the cavities in the fish rings. All this can be done well ahead of time. Refrigerate until nearly time to serve, then bake the flounder rings in a 400°F. oven for 10 minutes. At this point sprinkle the tops with soft buttered bread crumbs and continue baking for 10 minutes longer. Turn the rings out on a

bed of parsley or other greens on a hot platter. This serves 6.

Smaller portions will do as an extra fish course at a formal dinner.

INGREDIENTS: 6 fillets of flounder; salt; pepper; 1 cup sliced fresh mushrooms; 3 tablespoons butter; a few drops of onion juice; $\frac{1}{4}$ cup flour; $\frac{1}{2}$ cup milk; $\frac{1}{2}$ cup fresh crabmeat; 1 tablespoon light sherry; soft buttered bread crumbs; parsley or other greens.



My husband's eyes light up when we have **FINNAN HADDIE** for lunch. We steam it in our Bungalow Cooker, drain it, cover it with whipped heavy cream, and leave it under the broiler to brown the cream. We don't do anything to the boiled potatoes.



There's a mustard I discovered recently, made in the Rochester, New York, area and sold these days, I'm told, in many other parts of the country. It's called Nance's Mustard Supreme, and that's what it is. Perfect for all the ordinary mustard uses, such as for frankfurters and hamburgers, but greatest as a help to sauces. Try this with your fish fillets next time you have them for dinner: call them **NANCE'S BROILED FISH FILLETS**, why don't you?

First broil 2 pounds fillets, sprinkled with salt and pepper and dotted with butter, for 4 minutes on each side. Meanwhile combine $\frac{1}{4}$ cup Nance's Mustard Supreme with $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) melted butter, $\frac{1}{4}$ cup chopped parsley, $\frac{1}{4}$ cup lemon juice, and $\frac{1}{2}$ teaspoon salt. Spread half of this combination over the fillets and continue broiling until sizzling. The fish will flake easily with a fork, of course. Shouldn't take more than 5 minutes; depends on how thick your fillets are. Serve with the rest of the sauce in a bowl. Enough for 6.

INGREDIENTS: 2 pounds fish fillets; salt; pepper; butter; $\frac{1}{4}$ cup Nance's Mustard Supreme; $\frac{1}{4}$ cup melted butter; $\frac{1}{4}$ cup chopped parsley; $\frac{1}{4}$ cup lemon juice.



Don't ever wash fish under running water. Takes away the

flavor. The thing to do is wipe it with a wrung-out cloth, dipped first in salted water.

FRESH SALMON, when on the market, benefits from **salting**, **peppering**, dribbling with **lemon juice**, then spreading with **commercial sour cream**. Bake until it flakes.

Try **SALMON STEAKS**, covered with sautéed **onions** and **green peppers**, topped with **commercial sour cream**—lots of it, enough to cover completely—and baked for 20 or 30 minutes until the fish is cooked through.

I really shouldn't tell you about **SALMON PEA-WIGGLE**, I hate it so. But my children come home from the neighbors demanding it and decrying my cooking repertoire for not including it. It's **canned salmon**, drained. It's **canned peas**, drained. They're added to **cream of mushroom soup**. They're heated. That's salmon pea-wiggle.

And, if you poach or steam your salmon, serve it with this **CUCUMBER SAUCE**—good for any other fish, too: **1 cup heavy cream**, whipped; $\frac{1}{2}$ teaspoon salt; **2 tablespoons sugar**; and **1 cup finely chopped peeled cucumber**. Mix it up a bit.



Appetizer department: Use the leftover pastry from that last pie. Roll it thin, cut into small squares, wrap each one around a sardine (a few drops of lemon here), bake in a hot (425°F.) oven until lightly browned. Do a lot.



The English know a thing or two. Grill some **KIPPERS** in sizzling butter as they do. These kippers come in cans; get the imported sort, they're not expensive. Have your pan hot first, then add the **butter**, then let it sizzle, then add the **kippers**. Serve with a lemon wedge and a baked potato or new potatoes in their skins, rolled in the butter left in the pan.

HALIBUT POLONAISE is a party way with fish. It will work equally well with any white-meated fish. Invite your husband's boss to dinner for this one.

Butter lavishly a large black iron frying pan, large enough to hold **6 serving-sized halibut steaks** (cut them up, if you need to, so you have steaks just right for one ample serving for each person). **Salt** and **pepper** the fish steaks on both sides and arrange them in the pan, close together. Sprinkle over the tops **2 tablespoons chopped chives** or **green onion tops**, **2 tablespoons chopped parsley**, and **2 tablespoons ground rosemary**, distributing the herbs evenly over all the fish steaks. Dot with **2 tablespoons butter**, again evenly divided around, and lay on each piece of halibut a **thin slice of lemon**. Pour around the sides of the fish **1 cup light sweet white wine** (this is the *name* of this sort of wine—most California and New York State vintners have one). Bake uncovered in a 375°F. oven and, after the wine has started to bubble and the top of the fish is light brown (in about 10 or 15 minutes) begin to baste; once or twice is enough of this. In about 20 minutes in all the fish should be done, depending on the thickness of the steaks. As soon as it will flake and looks white clear through when you poke at it with a fork, it's done.

Pour off the liquid in the bottom of the dish, or siphon it off with one of those liquid basters, to a saucepan and add to it **2 tablespoons butter** and **1 slice soft white bread**, broken into crumbs. Let it boil up, then simmer a few minutes. Pour the crumbs and the sauce over the fish steaks, slide them under the broiler for a minute to slightly brown the crumbs, then serve, right out of the frying pan. Provide lemon slices. This will serve 6.

INGREDIENTS: Butter; 6 serving-sized halibut steaks; salt; pepper; 2 tablespoons chopped chives or green onion tops; 2 tablespoons chopped parsley; 2 tablespoons ground rosemary; thin slices of lemon; 1 cup light sweet white wine; 1 slice soft white bread.

To continue, you can use the leftover fish for something great called **SEAFOOD BETTER THAN YESTERDAY**. First, make a court bouillon: Cover the bones and skin of the fish with cold water, add 1 onion, some salt, a couple peppercorns, a bit of bay leaf, and simmer for 15 or 20 minutes. Couldn't be simpler. Strain and measure. If you have 3 cups of fish, you'll want 1 cup of the court bouillon.

In a heavy kettle or Dutch oven, melt 2 tablespoons ($\frac{1}{4}$ stick) butter. Stir in 2 tablespoons flour with a wire whisk or the back of a wooden spoon until you have a paste, a roux. Gradually stir in a combination of court bouillon and leftover sauce from the Halibut Polonaise (above), to make $1\frac{1}{2}$ cups in all; if you haven't $1\frac{1}{2}$ cups, add milk to make this amount. Stir with your whisk or spoon constantly while adding the liquids. Let the sauce boil. It should be as thick as heavy cream; if it gets thicker, add a little more of each liquid.

Beat 1 egg thoroughly. Add 2 tablespoons of the sauce to the egg (do not add egg to the sauce). Then pour the egg-sauce mixture back into the kettle. Stir in carefully 3 cups of the leftover fish and 2 tablespoons chopped parsley. Add salt and pepper if needed.

Transfer fish to a casserole. Heat to bubbling in the oven. Top with grated Parmesan cheese and set under the broiler till it's nicely browned.

If you have more than 2 cups of fish, increase the amount of sauce proportionately. If you have less, substitute cooked rice or noodles for the fish that's lacking. Serves 4.

INGREDIENTS: 3 cups leftover fish from Halibut Polonaise; grated Parmesan cheese.

For the court bouillon: Bones and skin of fish; cold water; 1 onion; salt; peppercorns; bay leaf.

For the sauce: 2 tablespoons butter; 2 tablespoons flour; $1\frac{1}{2}$ cups court bouillon and leftover sauce from Halibut Polonaise; 1 egg; 2 tablespoons chopped parsley; salt; pepper.

NOTE: If you've never had a **SEAFOOD POT PIE**, just steam some carrots and peas in your Bungalow Cooker

and use the vegetable juices that are in the bottom of the steamer, along with the juice of a can or jar of onions, to make the sauce as directed above. Thus, you will have a sauce of the court bouillon, the vegetable juices, whatever leftover sauce you have, and milk. Fold in the vegetables along with the fish. You will need less fish because of the bulk of the vegetables. Hot biscuits and a salad. A terrific dish.



A delicacy formerly unknown to loads of Americans who don't have access to fresh seafood is bay scallops. They're available frozen now, so there's no excuse for not serving this delectable dish, **BAY SCALLOPS WITH ALMONDS**. You can do it with sea scallops, but you'll miss the point. Bay scallops are sweet and tender. You should know them and relish them.

Dry **2 pounds bay scallops** well by draining them on paper towels, then sprinkle them thoroughly with **salt**, freshly ground **pepper** and a **dash of garlic powder**. Drop them into a paper bag with $\frac{1}{2}$ **cup flour**, gently toss them around. Get rid of all the flour that doesn't stick to them naturally by lifting them out of the bag in handfuls and shaking them lightly. Get a large black iron frying pan very, very hot, then add $\frac{1}{2}$ **cup** (1 stick) **butter**, preferably clarified, and let it sizzle. (If you will clarify the butter as I tell you how on page 241 you'll have no problem with butter burning, ever). Add the scallops, turning down the heat under the pan, and sauté them slowly, turning them with a pancake turner when they're brown. If you can't get them all in the pan at one time, one layer deep, do them in two stages, keeping the first batch warm on a heated platter. When they're all cooked through, 7 or 8 minutes will usually do this—cut into one if you're not confident—remove them all to the platter, scraping all the little brown bits that are in the bottom of the pan. Add $\frac{1}{4}$ **cup** ($\frac{1}{2}$ stick) **clarified butter** to the pan and quickly sauté $\frac{1}{2}$ **cup slivered blanched almonds** until they're lightly browned; add **2 tablespoons dry white wine** and **1 teaspoon chopped parsley**. Let it all boil up and pour the sauce over

the scallops. The almonds come in little packages, all blanched and slivered for you.

If you wish, you can just broil the scallops with salt, pepper, and butter. Then add the sautéed almonds. Divine either way. Serves 4.

INGREDIENTS: 2 pounds bay scallops; salt; pepper; dash of garlic powder; $\frac{1}{2}$ cup flour; $\frac{3}{4}$ cup butter; $\frac{1}{2}$ cup slivered blanched almonds; 2 tablespoons dry white wine; 1 teaspoon chopped parsley.

SMELT are at their best salted, peppered, floured, and fried quickly in sausage fat. Pan hot first, fat hot next, smelt added. Clean them but don't split them. Serve with potatoes au gratin.

Another day you might butter a baking dish, arrange thin fillets of **lemon sole** or **flounder** symmetrically, salt and pepper of course, and a few drops of **lemon juice**. Slice a few **mushrooms** over the fish, top with chopped **parsley**, dots of **butter**, and pour in a very small quantity of **Chablis** or **sauterne**, the dry, haut, not the sweet. Bake in a 375°F. oven until the fish will flake when poked at with a fork. You'll have **FILLET OF SOLE CHABLIS**.

INGREDIENTS: Fillets of lemon sole or flounder; salt; pepper; lemon juice; mushrooms; parsley; butter; Chablis or sauterne.

For two summers some years back, a lovely little Japanese girl helped me with the cooking. Suzi Kitagawa. She was an exchange student at a middle-western University. When she first came to Blueberry Hill, it was a matter for both of us to learn to communicate, one with the other. Ask her for a frying pan. "What is that, a flying pan?" she would ask. It seemed too much, at times. However, she learned to speak beautiful English, she learned to cook my way, and I learned to cook hers. It was quite an even exchange.

One of the things Suzi taught me to love was **RAW FISH**.

Yes, it shocked me too when I first heard of this, but seeing her prepare it for herself so artistically, and enjoying it with such relish, I exerted discipline of mind and asked to try it. Suzi would slice **raw swordfish**, for instance, or **shrimp**, or **any meaty fish**, on a slant, lay the slices on a colored glass plate, overlapping the thin slices in a symmetrical and attractive pattern. Truly a Japanese art—this arrangement of both flowers and food—and then, in a lovely little cut-glass sauce dish, she would stir up some soy sauce with **horseradish**. The tiny slices of fish or shrimp were dipped in the sauce—all of it chilled—and I cannot describe to you the delicacy and the exquisite flavor of this. You probably won't try it. Wish you would.

INGREDIENTS: Raw swordfish, shrimp, or other meaty fish; soy sauce; horseradish.

SHAD ROE, as you probably know, is devilishly expensive. In my New York days, on a limited budget, I could never have known its joys if there hadn't been a fine Irish butcher in my supermarket who would call to me at the end of the day and offer me the unsold pairs of shad roe for ten cents a pair. Couldn't keep them for another day, he assured me, winking. I shall never forget my first shad roe, frantically looking up recipes in cookbooks, trying to decide what was right. Finally, I worked it out by myself and have done them this way since. Grease a pie plate or any other small baking dish. Wash the **pair of shad roe**, leaving the membrane that covers them intact. Spread them with **butter**. Get your oven hot for broiling. Broil the roe for 5 minutes, remove them for a moment and, with kitchen shears, split the membrane. Drop some more **butter** on the now-exposed roe, **salt** and **pepper** them and return them to the broiler. Broil only until the roe are light brown, about another 5 minutes. Remove from the oven, squeeze some **lemon juice** over them, baste with the pan juices and serve. Sprinkle with **chopped parsley** or **chives** at the end.

Serve with fried hominy. A pair of roe serves only 2, sometimes only 1. Food of the gods.

INGREDIENTS: 1 pair of shad roe; butter; salt; pepper; lemon juice; parsley or chives.

Another thing with shad roe, called **SHAD ROE SUPREME**, asks for individual buttered ramekins. Place a pair of **shad roe** in each ramekin. Top with several **fresh white mushroom caps**, and immediately squeeze the juice of a quarter lemon over them. Add a **lump of butter** and **1 teaspoon grated or finely chopped onion**. Make a thin cream sauce, using light cream: for each ramekin melt **1 tablespoon butter**, rub in **1 teaspoon flour**, and add gradually to the paste **1 cup of light cream**. A little salt. A little **pepper**. A **tablespoon of sherry**. Stir until it thickens slightly. Pour it over the shad roe. Bake it 15 minutes in a hot (425°F.) oven, then pop it under the broiler to brown lightly. A company dish.

INGREDIENTS: Shad roe; fresh white mushroom caps; lemon juice; butter; grated or finely chopped onion.

For the cream sauce: butter; flour; light cream; salt; pepper; sherry.

One of the best-loved dishes of those we serve at Blueberry Hill is our Quiche Lorraine. This is a variation, and a good one, called **CLAM QUICHE**.

Line a 10-inch pie plate with **pastry**. Set the lined pie tin aside for a bit and sauté **6 slices bacon** until a little more than half done. Remove the bacon from its fat and drain it on paper towels, then break or cut it into bite-sized pieces and arrange on the pastry. Using the same fat, sauté **1 large onion**, cut in thin slices, until golden yellow. Drain these, separate them into rings and arrange on the bacon. Then add **2 cups minced clams**, drained. Keep the liquid. We use the tiny baby clams put up by Geisha, by preference. However, Underwood's whole steamers are fine. Preferable to any of these, of course, are freshly steamed clams, cut up small. You'll want to cut up the whole canned steamers too, but the tiny baby clams are just right as they come to you. Beat thoroughly **4 eggs**; add **1 tablespoon flour**, the clam liquid,

and enough light cream to make 2 cups in all with $\frac{1}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. Pour this into the pie shell; line the rim with a 2-inch-wide strip of aluminum foil. Bake it in a moderate (375°F.) oven until just set, 30 to 40 minutes. When your knife comes out clean, all is well. This serves 6 with seconds.

INGREDIENTS: Pie pastry for a 10-inch plate; 6 slices bacon; 1 large onion; 2 cups minced clams; 4 eggs; 1 tablespoon flour; clam liquid; light cream; $\frac{1}{4}$ teaspoon salt; $\frac{1}{8}$ teaspoon pepper.



Have you ever gone crabbing? It's the most fun, if you're in that sort of mood. Find a shallow pond where crabs are known to hang out. Its waters will be still. Get a rowboat, silently paddle to the middle of the pond, tie a piece of stinky meat on the end of a stout string and let it hang over the side of the boat. Wait. A crab, blue and huge, will come for it. Don't do a thing. Let him nibble for a moment or two. Then, when you feel he's overcome caution and has a good grip on the meat, swing a crabbing net around and under. Triumphant he rises forth in your net, his claws flailing, his confusion gigantic. You need a bushel basket filled with seaweed. Drop him into it. Smile at him, then go on to the next crab. Sometimes, on special silent, dull days, the crabs are sluggish and stupid. That's when you catch 'em.

Having caught your **CRABS**, boil them in a great pot of water, heavily laced with vinegar. Have the water boiling before you add the crabs, have the crabs alive when you drop them in the water. After 20 minutes, arrange your crabs on a table covered with four or five copies of *The New York Sunday Times*. Take one crab at a time. Remove the spongy part under the back and what is called the apron (if you've bought the crabs, ask the fish dealer to point this out; if you've caught them, ask a fisherman standing by), crack the claws, and serve, if you want them hot, with lemon butter, large hard rolls, and plenty of napkins. Dunk the crab *and* the rolls in the butter. Another dunk sauce is made with a bit of mayonnaise, some dry mustard, a drop of Worcestershire,

and a bit of sugar. Eaten on the lawn from a picnic basket, with a bottle of Chianti or a dry white wine, these surpass anything in the *Rubáiyát*.

If you're interested in the crabmeat only, sit down by the Sunday paper and dig out the meat. It takes time. Gives you a chance to catch up on the news. As the crabmeat piles up, refrigerate it in a covered bowl. Use it for deviled crab, for crab salad, for crab cocktail, for Crab Newburgh or Louis. Nothing better.



Now that you have your crabmeat, let me tell you about the **IMPERIAL CRAB** recipe given to me by a man connected with the ICC in Washington. This fellow is one of the best of the men cooks. Keep your crab shells or buy some or use ramekins when the time comes.

Combine **2 tablespoons chopped green pepper, 1 tablespoon chopped pimiento, 1 tablespoon chopped sweet onion** and, if you wish, **1 tablespoon chopped celery**. I leave out the celery, but *he* doesn't. Take your choice. Sauté these vegetables slightly (that's man talk for fry lightly until golden brown) in **1 tablespoon butter**. Blend together with a large spoon **1 beaten egg, ½ teaspoon dry mustard, 1 teaspoon capers, 1 pound lump crabmeat** (if you buy this, ask for the backfin crab), then add the sautéed vegetables. Divide the mixture among four crab shells or other containers, dot with **mayonnaise**, sprinkle with **paprika**, and bake 15 minutes in a moderate (350°F.) oven. (I like it better without the mayonnaise.) Serves 4.

INGREDIENTS: 2 tablespoons chopped green pepper; 1 tablespoon chopped pimiento; 1 tablespoon chopped sweet onion; 1 tablespoon chopped celery (optional); 1 tablespoon butter; 1 egg; ½ teaspoon dry mustard; 1 teaspoon capers; 1 pound lump crabmeat; mayonnaise; paprika.

Here's **ANNA'S BROILED LOBSTER**. Split live lobsters, or have your fish man do it. Pour **heavy cream** over them, filling every crevice. Lay **3 or 4 heavy outside lettuce leaves** over the top. Bake until just done at 375°F.; this varies with size

of the lobsters. Keep your eye on them; lift the lettuce leaves and cut into the meat—when it's white through, it's done. Start testing in 10 minutes. Remove the lettuce, run the lobster under the broiler at high heat to brown lightly. Serve. A famous lady's famous lobster, so don't underestimate it.

INGREDIENTS: Live lobsters; heavy cream; 3 or 4 heavy outside lettuce leaves.

OYSTER TOAST, if you like oysters, is something to think about. Chop a dozen large oysters—drain them first—and add to them 3 egg yolks, beaten. Add $\frac{3}{4}$ cup heavy cream, $\frac{1}{4}$ teaspoon salt, some gratings of fresh pepper, and simmer everything together until the eggs are set—a few minutes, at most. Taste for seasoning and serve with sliced tomatoes and grilled bread. Sprinkle some parsley on top. Serves 4.

INGREDIENTS: 12 large oysters; 3 egg yolks; $\frac{3}{4}$ cup heavy cream; $\frac{1}{4}$ teaspoon salt; pepper; parsley.



A fun way to do **ROAST OYSTERS**: set them on the half shell on a shallow roasting pan or tray. Slide it under your broiler and let the oysters broil on one side only. While this is going on, heat some earthenware bowls or Pyrex custard cups, and, when you take the oysters out of the oven, which you should do as soon as the edges curl, have somebody drop a tablespoon of butter into each hot, hot bowl. It will melt immediately. Set the bowls on plates of their own, divide up the oysters, and let your guests dip the half-cooked oysters in the butter. The oysters will continue cooking in the hot bowls; they should be sprinkled with salt and pepper and eaten on the spot.



SCALLOPED OYSTERS remind me of church suppers. Do they you? Drain them, saving the juice. You'll want $1\frac{1}{2}$ quarts of oysters. Sprinkle them with $\frac{1}{2}$ teaspoon salt and $\frac{1}{8}$ teaspoon pepper or several grindings of a pepper mill. Melt $\frac{1}{2}$ cup (1 stick) butter in a quart-sized saucepan, drop in crushed **Saltine-type crackers** (not too finely crushed), shake

them around until they're well covered with the butter. Now arrange in a buttered glass cake dish, 9 inches round, a layer of crumbs, then a layer of oysters, until you have three layers of the crumbs and two of the oysters. Crumbs on top, in other words. Pour $\frac{1}{4}$ cup light cream and the reserved liquid over the top. Sprinkle with a little more freshly ground **pepper** and bake at 350°F. for 45 minutes or until bubbly and light brown. Serves 6.

INGREDIENTS: $1\frac{1}{2}$ quarts oysters; $\frac{1}{2}$ teaspoon salt; pepper; $\frac{1}{2}$ cup butter; Saltine-type crackers; $\frac{1}{4}$ cup light cream.

Sherry some scallops one day soon and have yourself some **SHERRIED SCALLOPS**. Use bay scallops if possible, but sea scallops will do, cut to bite size. Cook **2 cups scallops** in their own liquid in a heavy saucepan for 2 minutes over medium heat. Set them aside. Melt **6 tablespoons butter**, rub in with a wire whisk **4 tablespoons flour** until you have a nice, smooth paste. Then, gradually, as is the way with all good sauces, stir in **1 cup rich milk**, stirring constantly until sauce is thick and creamy. Add $\frac{3}{4}$ teaspoon salt. Now beat **2 whole fresh eggs** in a separate bowl with **1 cup milk**. Add this to the cream sauce. Turn heat down low, stir with wire whisk until the sauce is smooth and rich, never stopping the stirring process. Add **6 tablespoons sherry** and the scallops, heat just to combine, and then turn your mixture into 6 individual ramekins or scallop shells, or into 1 large casserole. Sprinkle with **buttered soft bread crumbs**, top with a little **Parmesan cheese** and bake in a hot (400°F.) oven until they are brown. Slip them under the broiler if they bubble before they brown. Serves 4.

INGREDIENTS: 2 cups scallops; 6 tablespoons butter; 4 tablespoons flour; 2 cups milk; $\frac{3}{4}$ teaspoon salt; 2 eggs; 6 tablespoons sherry; buttered soft bread crumbs; Parmesan cheese.

Cold shrimp are complemented subtly by the following sauce, which I call **MUSTARD SAUCE FOR SHRIMP** in an at-

tempt to be explicit. Mix together lightly with a fork 1 cup commercial sour cream, 1 tablespoon Dijon mustard, 1 teaspoon prepared mustard, and 1 teaspoon drained capers.

Some call this **SHRIMP DE JONG**; others call it **SHRIMP BAKE**. Whatever, it's a fine approach to my favorite shellfish. Cook 3 pounds fresh shrimp in their shells. A few minutes does this—don't overcook them. Peel them, devein them, using a shrimp cleaner, which does both at the same time. Soften 1 cup ($\frac{1}{2}$ pound or 2 sticks) butter to room temperature. Moisten 1 cup fresh soft bread crumbs with $\frac{1}{2}$ cup light sherry. Add $\frac{1}{4}$ teaspoon dry tarragon, $\frac{1}{4}$ teaspoon marjoram, and 1 clove garlic, mashed to a pulp. Use a garlic press if you have one. Mix the crumbs with the soft butter with a wooden spoon or, preferably, in a mortar and pestle until you have a smooth paste.

Place in a 2-quart casserole a layer of shrimp, then a layer of the paste, then 1 tablespoon chopped parsley. Repeat, ending with the parsley. Bake, uncovered, in a moderate (350°F.) oven for 20 to 25 minutes, until hot and bubbly. This has been known to satisfy 6 hungry people, though it's probably wiser to call it a recipe for 4. Serve right away with a tossed salad, hot croissants. Fruit for dessert.

INGREDIENTS: 3 pounds fresh shrimp; 1 cup butter; 1 cup fresh soft bread crumbs; $\frac{1}{2}$ cup light sherry; $\frac{1}{4}$ teaspoon dry tarragon; $\frac{1}{4}$ teaspoon marjoram; 1 clove garlic; parsley.

YOU ELEGANT FOWL!



Someday I'm going to write a cookbook devoted solely and completely to poultry. There are so many wonderful ways to serve the versatile bird—chicken, particularly—that sometimes I am frustrated in my desire to include everything I know and have been told. This would be a contradiction, however, to my basic premise as to the function of the author of a cookbook. I'm sure 50 recipes for chicken would be pretty confusing—so I've limited them to the very best I know (in addition to the recipes in my other two books). But keep in mind that I have lots more! I'll tell you what they are some other time.

I will say, categorically, that this is the best and easiest chicken recipe I've come upon in many a year. It's been a wild success each time I've served it. You can prepare the whole thing ahead, freeze it, and serve it when you want to. It will be perfect done in the morning and reheated in the evening. A relaxing recipe. The name is a fancy one: **CHICKEN A L'ORANGE**.

Have 3 whole **breasts of chicken** split, making 6, and, if you want to really pamper your guests, have the breasts boned (not skinned). Each serving should be a nice robust piece of chicken. **Salt** them and **pepper** them thoroughly,

using your pepper mill as you always should. Toss them in a bag with some **flour**, enough to cover them on all sides, then lift each breast and shake it gently to remove the excess flour.

I prepare this in a nice old black iron frying pan; a chicken-fryer is the right size for 6 breasts, but any pan that will hold them fairly closely without crowding them will do. Get the pan hot; add **2 to 3 tablespoons chicken fat** if you have some in your refrigerator, or **butter** if you haven't. When the fat sizzles, add the chicken breasts and, staying by, get them lightly browned. Add more fat as you go if you need it. While the breasts are frying, reconstitute **1 small can frozen orange juice** (you'll have $1\frac{1}{2}$ pints liquid) and add to it **4 drops Tabasco**, $1\frac{1}{2}$ **teaspoons ground cloves** or **6 or 8 whole cloves**, $\frac{3}{4}$ **teaspoon ground cinnamon**, and $\frac{3}{4}$ **teaspoon powdered ginger**. Mix the spices around well, and, after draining off any excess fat from the chicken in the pan, pour the spicy orange juice over the chicken. Scrape the brown bits off the bottom of the pan and let the whole thing simmer, the breasts and the sauce, for 15 minutes. Now add $\frac{1}{2}$ **cup raisins** (white or seedless), $\frac{1}{2}$ **cup sliced, slivered, blanched almonds** (1 package as they come from the supermarket), and $\frac{1}{4}$ **cup Grand Marnier**, which is, as you perhaps know, a marvelous orange-flavored brandy. Let everything continue simmering for 10 or 15 minutes more or until the sauce has nicely thickened and the chicken breasts are done through. This varies a bit with the size of the breasts, but no breast of chicken should need to cook more than 25 minutes after being browned. If the chicken is done and the sauce is still not thick—it should be the consistency of light cream—remove the breasts for a few minutes and let the sauce reduce over high heat. Return the breasts to the pan; taste for seasoning. You shouldn't need anything if you've properly seasoned the chickens in the first place. That's all there is to it except to add a sliced **California orange**, rind and all, and simmer for 3 minutes.

Reheat it when you want it and, at serving time, flame another $\frac{1}{4}$ **cup Grand Marnier** in sight of your guests. I've overcome my fear of this business and now find that, if I heat the brandy slowly just before flaming it, I can pour it over the chicken breasts, hold a match in the general vicinity,

and the blue flame will envelop the birds. The flames die right down, but they're a sight to behold and things flambéed do take on a lovely flavor. So gala, too! Serves 6.

INGREDIENTS: 6 breasts of chicken (3 whole breasts, split); salt; pepper; flour; 2 to 3 tablespoons chicken fat or butter (more if needed); 1 small can frozen orange juice; 4 drops Tabasco; 1½ teaspoons ground cloves or 6 or 8 whole cloves; ¾ teaspoon cinnamon; ¾ teaspoon powdered ginger; ½ cup raisins; ½ cup sliced, slivered, blanched almonds; ½ cup Grand Marnier; 1 California orange.

Have you ever heard of **CHICKEN LINGUINI**? This is a family dinner, chicken cooked slowly in a fine Italian sauce, and served with linguini which has my vote for the best of the pastas—far superior to spaghetti. This will serve a hungry family of 6.

Use a Dutch oven or other heavy pot with a tight lid, heat it, add ¼ cup pure olive oil (the pure is essential). Get the oil hot, then add a 4- to 5-pound roasting chicken, cut up, and salted, peppered and lightly floured. Brown the chicken pieces, lightly, removing the pieces as they are browned. Then add to the pan 1 medium onion, cut fine, lightly brown it and return the chicken to the pan with 1 large can Italian plum tomatoes, ½ of the same can of water, ½ 6-ounce can tomato paste, 1 teaspoon salt, ¼ teaspoon pepper, 1 teaspoon oregano, 1 teaspoon basil, ¼ cup red wine, and 1 tablespoon sugar. Let it all come to a boil, then simmer 3 or 4 hours, adding water if it gets too thick. Don't overcook the chicken. When it is done, remove it from the sauce. Return it to re-heat it at the very end.

Prepare linguini as you're directed to on the box. One box (1 pound) usually serves 6 people. Cook it *al dente*, a bit underdone. Drain it and rinse it well. Place one-quarter of the sauce in a deep bowl, sprinkle with grated hard Romano or Parmesan cheese. Add the linguini, then more sauce, and more cheese. Mix well and serve, adding more sauce if needed. The chicken should be served from a separate platter.

Sometimes the chicken is eaten with the linguini, sometimes the linguini is eaten first, then the chicken. Doesn't matter. Just be sure you have a tossed green salad and lots of garlic bread. Serves 6.

INGREDIENTS: $\frac{1}{4}$ cup pure olive oil; 4- to 5-pound roasting chicken; salt; pepper; flour; 1 medium onion; 1 large can Italian plum tomatoes; $\frac{1}{2}$ can water; $\frac{1}{2}$ can of tomato paste; 1 teaspoon oregano; 1 teaspoon basil; $\frac{1}{4}$ cup red wine; 1 tablespoon sugar; 1 box linguini; grated hard Romano or Parmesan cheese.



There's a fine apple syrup to be had up this way. We roast stuffed **ROCK CORNISH HENS** for 1 or $1\frac{1}{2}$ hours at 325°F. , basting them often with 1 cup consommé mixed with $\frac{1}{4}$ cup apple syrup. There's a lovely pink glaze on them when they're ready. The gravy left in the pan can be thickened a little, and what's left over can be made into a fine chicken soup with the carcasses of the hens.



If you are having a Chinese party dinner, try these **PARCHMENT CHICKEN** things. They are delicious, fun, and your friends will really be impressed with you. You'll have to provide yourself with 4-inch squares of parchment cooking paper, which is available in fine and fancy grocery departments. First make your marinade, which calls for 2 tablespoons soy sauce, 1 tablespoon light sherry, 1 teaspoon sugar, 1 scallion, chopped (both top and bottom, after the little beard is removed), and 2 tablespoons of water. Bring it to a boil, then remove from range. Have ready small squares of raw chicken, both white and dark. A 4-pound roasting chicken would provide lots of these. Marinate these small tidbits for 1 hour. Set some white and some dark chicken in each parchment square. You have to look at the square on the diagonal, like a diamond in a card game, and set the chicken in the lower quadrant. Then fold the paper in half over it, tuck in the sides and fry them for 2 minutes each in hot peanut oil. Check on my directions as to how to know when to start frying by looking on page 157. Lift the packages from the fat with a slotted

spoon, drain them well on paper towels, set them on plates, and let your guests unwrap their packages at the table. Serves 8 to 10, depending on appetites.

INGREDIENTS: 2 tablespoons soy sauce; 1 tablespoon light sherry; 1 teaspoon sugar; 1 scallion; 2 tablespoons water; 4-pound roasting chicken.



Next time you stuff your turkey or chicken, divide the stuffing in half and put half of it in the bird. The other half should be piled into a casserole and baked for an hour or less, basting it with some of the juices from the fowl itself. Then, when you serve, if you will combine one spoonful of the soft dressing from inside the bird and one spoonful of the crisp dressing from the casserole, you will have a combination, you will, that is delightful to the palate. The contrast of the soft and the crisp is what accounts for that.



I have a friend named Bruce and he has a chicken recipe that is called **BRUCE'S CHICKEN No. 1**. I'm sure you've never heard of anything like it; I have a sneaking suspicion he made it up; but he's a fine cook, and I tried it, and it's really great. Bruce says to "have 1 chicken [Isn't that like a man? He means 1 broiler, weighing 2½ to 3 pounds] cut into serving pieces. Brown lightly in a heavy iron pot (a Dutch oven, heated first) in olive oil and butter, half and half. [For one little chicken, 2 or 3 tablespoons in all should do it.] Season well," he says, "with salt and pepper, and cook slowly for 20 minutes [turning when light brown]. Add 3 or 4 tablespoons tomato sauce, a bit of brandy [1 tablespoon?] and parsley [2 tablespoons?]. Cook 10 minutes more. Serve with a fried egg for each person [that's right, that's what he said] fried in the cooking oil into a crispy condition. Garlic and ½ cup white wine can be used to vary flavor." Yes, the brackets are mine. But the chicken is Bruce's. Serves 2.

INGREDIENTS: 2½- to 3-pound broiler; olive oil; butter; salt; pepper; 3 or 4 tablespoons tomato sauce; brandy; parsley; fried eggs; garlic (optional); ½ cup white wine (optional).

Can you take another? This one is called **BRUCE'S CHICKEN No. 2** and, again, the bracketed comments are mine. It's just as original as the first, and just as good. "Cut 1 young chicken in serving pieces. Make a white roux—a small piece of butter and a similar quantity of flour, rubbed together to make a thick paste. Cook this 1 minute in your heavy iron pot, add a little chicken stock [which you have on hand in your freezer or which you prepare by boiling the necks and wings, etc., in a little water with onion, salt, and peppercorns for an hour before you start this whole thing]. Rub the chicken stock in, keeping the mixture smooth, then add the chicken pieces and make sure every piece is covered with the roux. Cook 2 minutes. Add chicken stock to cover, 1 tablespoon vinegar, 1 teaspoon salt, and $\frac{1}{8}$ teaspoon freshly ground pepper. Place in oven, bake at 325°F. until tender. [A small chicken, cut up, will be done in half an hour; the larger the chicken, the longer the baking]. Remove from the oven, lift the chicken from the pot, cool it a bit, then add a mixture of 2 egg yolks, 1 teaspoon tarragon leaves, 2 tablespoons cream, 1 tablespoon capers, and a few drops of lemon juice. Reheat, but don't boil. Return the chicken to the sauce, baste it with the hot sauce, heat it until the chicken is steaming. Serves 2 or 3 (more if you've used a larger chicken).

INGREDIENTS: 1 young chicken; a small piece of butter; flour; chicken stock; 1 tablespoon vinegar; 1 teaspoon salt; $\frac{1}{8}$ teaspoon pepper; 2 egg yolks; 1 teaspoon tarragon leaves; 2 tablespoons cream; 1 tablespoon capers; a few drops of lemon juice.



Speaking of what's proper (I wasn't, but I will), there's nothing that can properly substitute for lots of chicken to make a fine chicken broth. You can't get a rich chicken stock, a truly rich one, from a broiler or even a roasting chicken. It has to be a fowl, a nice old hen, and it has to simmer for hours, first the hen itself; then, when that is tender and the meat has been taken from the bones, the stock has to simmer for another hour or two with the denuded bones returned to it. Of course you can use other chicken stocks; in fact, I probably

have told you to in the absence of the McCoy, but, once you've had the great, rich flavor I'm telling you about, you'll settle for nothing less.



We have grown in stature, here at Blueberry Hill, because of a simple chicken dish which we serve, again and again, called **CHICKEN WITH CAPERS**. It's so easy, nobody believes it. Have **broilers** split, with the backbone removed all the way down to the neck. **Salt** and **pepper** them well, using your pepper mill; lay them on trays, skin side down, and dot the cavity with **butter**. Broil under very high heat for 10 minutes, turn and broil 10 minutes more, skin side up. If the chickens are less than 2½ pounds, they'll be done by this point; if more, you may have to turn them again for another 10-minute spell under the heat. As soon as they are done (test them by cutting into one of the legs—if the juice runs red, they're not done), lift the tray out of the oven; add **2 tablespoons capers with their brine** to the butter, this amount for each chicken.

Using a poultry shears, cut the halves into three or four pieces each—one leg, one thigh, the breast in halves—I usually omit the wings and keep them for another kind of meal. Set the chicken pieces on a waiting hot platter, pour the caper butter over it, making sure plenty of capers are on the chicken pieces, and serve them. The secret of keeping these moist and delicious is to remove them from the oven the moment they are done; the overcooked bird is the dry one. Also, if you broil them in halves, they are much more flavorful than they are if they're cut up first. Believe me, this is a terrific dish. Try it.

INGREDIENTS: Broilers; salt; pepper; butter; capers with their brine.

A special sort of **SAVORY BROILED CHICKEN** happens when you mix together **1 egg**, **½ cup salad oil**, **1 cup white vinegar**, **2 teaspoons salt**, **½ teaspoon poultry seasoning**, and some briskly grated **pepper**. Mix it all up with your wire whisk and brush a **halved broiler** with it lavishly as you broil it. Turn it frequently, baste every time you turn it. You'll have a nice, crisp crust and a moist, delicious chicken. Serve as

soon as it's done. Test it and you'll know about that. If you have any of the sauce left, as well you might, put it in a screw-top jar and refrigerate it. It will keep about a week in the refrigerator, indefinitely in the freezer. Serves 2.

INGREDIENTS: 1 egg; $\frac{1}{2}$ cup salad oil; 1 cup white vinegar; 2 teaspoons salt; $\frac{1}{2}$ teaspoon poultry seasoning; pepper; 1 halved broiler.



Frying a chicken tomorrow? Soak it overnight in buttermilk. Proceed from there.



I'm really against dishes that call for cream of mushroom soup, or cream of chicken, or any of those creams of. However, there are people that are in a rush—why, heaven knows—and for them, it is a blessing. This is a **CHICKEN AND MUSHROOM CASSEROLE** that takes no time and tastes good, too.

Place in a nice earthenware casserole **4 large boned chicken breasts** (actually half the whole breast). Sprinkle them well with salt and pepper. Combine, in a bowl, **1 cup condensed cream of mushroom soup**, **1 3-ounce can broiled mushrooms** with the liquid in the can, **1 cup ($\frac{1}{2}$ pint) commercial sour cream**, and **$\frac{1}{2}$ cup sherry**. Mix this up carefully, until there are no lumps anywhere, smear it over the chicken breasts and bake for 1 to $1\frac{1}{4}$ hours at 350°F . At the end, you can sprinkle the top with **grated Parmesan** and run it under the broiler for a minute. It's better with fresh mushrooms, if you have time. I mean, you're in a rush so you probably won't have time, but it is better with fresh mushrooms. And, if you will allow me to say so, it's also better with a homemade cream sauce including some sautéed fresh mushrooms. But never mind, sometime when you're not in a hurry, you can try it that way. Serves 4.

INGREDIENTS: 4 large boned chicken breasts; salt; pepper; 1 cup condensed cream of mushroom soup; 1 3-ounce can broiled mushrooms; 1 cup commercial sour cream; $\frac{1}{2}$ cup sherry; grated Parmesan.

Ever hear of a **BROILER SOAKED IN SHERRY**? Try it overnight. A **cup of sherry** should be enough to cover the broiler. Drop in **1 bay leaf** and the finely peeled yellow of **½ lemon**. Save the sherry when you remove the **chicken** from it, broil the chicken with lots of **butter** until nicely browned and done, then add a little of your sherry-lemon mixture to the drippings. Let it boil up on top of the range, pour it over the chicken. Sautéed fresh mushrooms are a natural here.

INGREDIENTS: Sherry; 1 bay leaf; ½ lemon; 1 broiling chicken; butter.

CHICKEN WITH WHITE GRAPES. Have a chicken cut up by that nice butcher. **Salt it, pepper it, flour it** in a bag, and, in a heavy frying pan, brown it lightly in half **chicken fat**, half **butter** (or half **peanut oil**). Place it in a pretty, flat casserole. Add to the frying pan **1 pint commercial sour cream**, **1½ cups seedless white grapes**, scrape all the juices into the casserole over the chicken. Bake in a 375°F. oven for 15 or 20 minutes if it's a tiny bird, or longer—well, bake it until the chicken is done. Test it with a fork to find that out. A delicious and delightful business. One little broiler will serve 2.

INGREDIENTS: 1 chicken; salt; pepper; flour; chicken fat and butter or chicken fat and peanut oil; 1 pint commercial sour cream; 1½ cups seedless white grapes.

Here's another way with broiled chicken, called **CHICKEN CUMBERLAND**. The sauce, Cumberland Sauce, is fine for any cold meat as well. Broil three chickens (make them broilers, no more than 2 pounds each) the way I've told you to (salt and pepper, skin side down, a hot oven, turn and turn), but this time baste with butter which has been combined with lime juice—let's call this *Lime Butter*: **2 tablespoons lime juice** (there's a very good bottled kind) to each **½ cup (1 stick) butter**. Use this, I said, for basting. When the chickens are done serve them with the following sauce.

Cumberland Sauce: Mash $\frac{3}{4}$ cup currant jelly with a fork in a saucepan. Add a 6-ounce can frozen concentrated orange juice (don't dilute it), 1 teaspoon dry mustard, $\frac{1}{4}$ cup light sherry, and $\frac{1}{4}$ teaspoon ground ginger. Stir it over low heat until everything has smoothed out. Serve it warm with your chicken. Keep what's left in the refrigerator and use it when wanted. Serves 6.

INGREDIENTS: 3 2-pound broilers; 2 tablespoons lime juice; $\frac{1}{2}$ cup butter.

For the Cumberland sauce: $\frac{3}{4}$ cup currant jelly; 6-ounce can frozen concentrated orange juice; 1 teaspoon dry mustard; $\frac{1}{4}$ cup light sherry; $\frac{1}{4}$ teaspoon ground ginger.

If you have one of those rotisseries, you can make **ROTIS-SERIE CHICKEN**. Squeeze 2 lemons, save the juice, drop the rinds into a $3\frac{1}{2}$ -pound chicken, trussed for the purpose, adding, also inside the bird, $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper, $\frac{1}{2}$ teaspoon dried sage. Start her turning and baste with a mixture of 1 part melted butter, 1 part lemon juice, which is the juice you saved, and 1 part olive oil; salt and pepper goes on the bird first.

INGREDIENTS: 2 lemons; $3\frac{1}{2}$ -pound chicken; salt; pepper; $\frac{1}{2}$ teaspoon dried sage; melted butter; lemon juice; olive oil.

The following **PARTY CHICKEN CASSEROLE** won a contest that Louise Wilson ran on her radio program in Rochester, New York. I was the judge, and the prize was one of my cookbooks. In the end, I think I was the winner. I'm lucky to have this recipe. It's for a party, serves 18. Divide it, if you'd like.

Sprinkle 36 pieces of chicken breasts, thighs, and drumsticks with salt, pepper, and paprika. Brown in $\frac{1}{2}$ cup butter (which should be sizzling before you add the chicken) and remove the chicken pieces to a shallow baking dish. If you clarify the butter first, see page 241, you won't have any burning. Add another $\frac{1}{4}$ cup butter to the drippings in the same

pan, and sauté $\frac{3}{4}$ pound fresh, sliced mushrooms. Don't overdo the mushrooms, just wilt them a bit. Sprinkle over the mushrooms $\frac{1}{4}$ cup flour, stir it around to a paste, then gradually add $1\frac{1}{2}$ cups rich chicken broth, 6 tablespoons light sherry, and 3 sprigs fresh rosemary or $\frac{1}{2}$ teaspoon dried rosemary. Simmer until the sauce has thickened and is smooth, then pour it over the chicken, scraping all the juices out of the pan. Bake at 350°F. for 45 minutes. Serves, I repeat, 18.

INGREDIENTS: 36 pieces of chicken breasts, thighs, and drumsticks; salt; pepper; paprika; $\frac{3}{4}$ cup butter; $\frac{3}{4}$ pound fresh, sliced mushrooms; $\frac{1}{4}$ cup flour; $1\frac{1}{2}$ cups rich chicken broth; 6 tablespoons light sherry; 3 sprigs fresh rosemary or $\frac{1}{2}$ teaspoon dried rosemary.



A bit of dill in your chicken gravy (with Southern fried chicken, of course) makes it very much worthwhile.



Another winner at a food show for which I was one of the judges is called **CHICKEN ITALIENNE**. It's quite great, if a thing can be quite and great.

Have 1 broiler, weighing less than 3 pounds, cut up into small serving pieces. Sprinkle them with salt, pepper, and flour. Brown them, as I've told you again and again, in a hot black iron skillet, getting the butter or chicken fat hot before you add the chicken. Lightly brown the chicken pieces—don't try to cook them through. Place them in a casserole that can go on top of the range.

Pour into the skillet with the drippings the juice of 1 lemon and $\frac{1}{2}$ cup dry white wine; scrape it around, let it bubble up a minute, and add it, every bit, to the casserole. Sprinkle $\frac{1}{4}$ teaspoon dried tarragon or rosemary over the chicken. Tarragon's more authentic here. Cover tightly and let it bake in a moderate (350°F.) oven for 45 minutes or until tender (test it after a half hour—some chickens don't need any longer than that). Most of the liquid should be absorbed. If it isn't and the chicken is done, lift the chicken out, set the gravy over direct heat and cook it down. Return the chicken

pieces to the casserole, baste them with the gravy. You'll want to do more than one of these. Serves 2.

INGREDIENTS: 1 broiler; salt; pepper; flour; butter or chicken fat; juice of 1 lemon; $\frac{1}{2}$ cup dry white wine; $\frac{1}{4}$ teaspoon dried tarragon or rosemary.

MARINATED BROILER. Another way with a cut-up broiler or two is to soak it, or them, overnight in a marinade of 1 cup of commercial sour cream, $\frac{1}{2}$ teaspoon Worcestershire sauce, 2 large cloves of garlic squeezed through a garlic press, $\frac{3}{4}$ teaspoon salt, $\frac{1}{8}$ teaspoon pepper. When you're ready to fry the chicken pieces, remove them from the marinade, roll them in flour, and fry the regular way—in butter or peanut oil—until brown. Then simmer them until they're done. Strain the marinade, heat it, and serve it with the chicken.

INGREDIENTS: 1 or 2 broiling chickens; 1 cup commercial sour cream; $\frac{1}{2}$ teaspoon Worcestershire sauce; 2 large cloves garlic; $\frac{3}{4}$ teaspoon salt; $\frac{1}{8}$ teaspoon pepper; flour; butter or peanut oil.



We had a discussion one night in our kitchen about the differences between *poultry* and *game*. Finally we decided that, though poultry is always a bird, if it's domesticated, it's *poultry*; if you chase it through the woods, it's *game*. The pursuit is the game; the result is the game. And did you ever hear of the term *green goose*? This is one that is, specifically, twelve weeks old. No more, no less. This sort of goose, at one time, was found in the market only from May to September. After the first of September, a young goose was called a *gosling*, differentiated from a green goose in that it had been fancied up with fatty victuals especially for the market—about the same age as a green goose, but plumper.

And time was when you could tell that your chicken was tender if it had soft feet. We never see the feet any more, so this method is lost to us. Also, our mothers could tell whether

a bird was young by its pinfeathers. If there were a lot of these, it was a babe; if the feathers were gone and there were only long hairs, beware—you've got yourself a tough one. A "good goose," an old book says, is known by its "soft bill." Enough, enough.



Get yourself a nice **LONG ISLAND DUCKLING**. Season it with salt and pepper. Have it cut into quarters, rub it well with lemon juice and grated lemon rind. Broil it, you hear me, broil it! It won't take any longer than it takes to broil a chicken. Baste it with orange juice and broil a sliced orange at the end to be served with it. Be sure it's on a rack so the fat will not make a lake for it to rest in.



An old cookbook I like gives this advice to remove the fishy taste so often found in wild ducks: Parboil them with a large carrot that has been cut in pieces and placed in the body of each duck. When the ducks are half boiled (now that's a nice piece of advice; how do you know when anything is "half" boiled—not hard in the human sense, but difficult with a duck. My advice would be to boil a duck about 15 minutes with the carrot), take out the carrot and throw it away. The lady says it will have imbibed all the unpleasant taste and taken it away from the duck. Then, she goes on, cook as you please.



I told you in the *Blueberry Hill Menu Cookbook* about basting a small bunch of white grapes with the brown juices of your roasting turkey. Bears repeating. One small bunch for each person. Do this the last fifteen minutes of the roasting time.



Now I'm going to tell you about **TURKEY AND CHESTNUTS SUPREME**. This is a party dish which does as well with chicken as with turkey. Remember it for your next Thanksgiving buffet. You can, of course, use leftover turkey for it but this time let's do it from scratch, using a 10-pound turkey. You'll have enough for about 20 people, and if you don't want that much, freeze cartons of it and bless the day.

As you know, I'm an advocate of steaming as against boiling every possible time, and this is no exception. Boiling is fine, if you're after a rich broth, as most of the flavor of the meat does go into the broth. However, if you want the meat itself to be juicy, rich, and full of body, steaming's the thing. The steaming of your turkey can take place in the morning or even the day before you prepare the rest of the dish. Here's the way: rub a **10-pound turkey** inside and out with salt and pepper. Set it on a rack in a roasting pan which has a tight cover. Tilt the bird, leaning it against the side of the pan, so the cavity is tilted slightly upward. Pour into the cavity **1 cup of any kind of fruit juice** you have on hand—pineapple, apricot, orange, whatever. Pour into the bottom of the pan about **1 cup of water** or enough to cover the bottom of the pan. Cover tightly and set the pan on top of the range over high heat. Let the liquid come to a boil (you'll hear it if you bend an ear), then turn it down to a simmer. After about an hour, lift the lid, being very careful not to be burned—the steam bursts forth—and turn the turkey over, letting the juices run into the bottom of the pan. Test it thereafter from time to time and, when it is very tender (this means a fork will go in and come out easily), in about 2 or 3 hours, it is done.

NOTE: This is also a wonderful method of roasting turkey; merely steam it as directed, until it is tender. Then set it on a flat tray or cookie sheet and place it in a hot (500°F.) oven just long enough to brown it, no more than 10 or 15 minutes, usually. It will be crackly brown and very tender and succulent. You'll probably like it better than a straight roast turkey.

Prepare chestnuts while the turkey is steaming. Slit about **2 dozen chestnuts** with a sharp knife—two slits each. Cover them with boiling water; boil them about 30 minutes. Remove them *one at a time* (this is the trick here—they must stay in the hot water, each one, until you're ready for it), and let cold water run on each chestnut in turn. The skins will come off very quickly, and the membrane. Test the first one to be sure they're tender. If not, boil a little longer. Break them into halves or quarters.

Cool the turkey. Cut off large pieces of meat, larger than bite-size. Use all you can get off the carcass. Set the turkey meat aside in a bowl.

To make some turkey broth, which you will need later, add the turkey carcass with whatever meat clings to the bones to the steaming pan with its juices, add enough hot water to cover the bones, and simmer for a couple of hours. Add an onion, some peppercorns, a carrot. Strain it, taste it for salt and pepper. If you have some turkey or chicken broth in your freezer, you can avoid this step.

All these things can be done the day before you put the dish together. In fact, everything can be done weeks before and frozen—except for the chestnuts.

Heat a fairly large, deep, black iron frying pan (a chicken fryer is perfect for this). When it is hot enough to make a drop of water dance, add $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter. Let this sizzle a moment or so, then add the turkey meat. Let the meat sauté lightly, moving it about, browning it a bit—it won't get really brown, just a bit here and there. Then sprinkle with 6 tablespoons flour. Stir around, making a paste around the turkey pieces. Handle them carefully so they don't break up. Add, slowly, 3 cups strong turkey or chicken broth and 3 cups light cream, stirring, lifting the turkey, smoothing. Add the prepared chestnuts, now. Continue stirring until the sauce is thick. You should have plenty of sauce, but if your turkey has more meat than you expected, just add some more broth or cream or some of each. At the end, season with 2 teaspoons sugar, 3 chopped cloves of garlic, 2 teaspoons salt (unless the broth was very salty—better taste for this), and $\frac{1}{4}$ teaspoon pepper. Combine well, then add 2 tablespoons chopped parsley and $\frac{1}{4}$ cup light white wine. Combine again, keep it hot in its own pan on a Hotray or Hotable, or transfer to a chafing dish. Serve with wild rice. Broccoli goes well, too; sprinkle it with brown butter and some pecans. Serves 20.

INGREDIENTS: 10-pound turkey; salt; pepper; 1 cup fruit juice; 1 cup water; 2 dozen chestnuts; $\frac{1}{4}$ cup butter; 6 tablespoons flour; 3 cups strong turkey or chicken broth;

3 cups light cream; 2 teaspoons sugar; 3 cloves garlic; 2 tablespoons chopped parsley; $\frac{1}{4}$ cup light white wine.
For the turkey broth: Turkey carcass; hot water; 1 onion; peppercorns; 1 carrot; salt; pepper.

TURKEY AND CHESTNUTS SUPREME CASSEROLE.

This is a divine casserole that you can fix with the leftovers of the above dish. You don't really need a recipe for this. Take whatever **wild rice** you have left. Spread it in a greased casserole—butter for the greasing. Place on top of the rice whatever **broccoli** you have around, laying it out neatly—steam some if you don't have it left over. Season it. Spoon over the top of this your **leftover turkey** with its **sauce**. If you haven't enough sauce, you may use one of the creamed frozen soups. If you have plenty of sauce but it seems too thick, thin it down with a bit of turkey broth or chicken broth. Slice a few **ripe tomatoes** thinly, lay the slices around symmetrically. Sprinkle with **salt, pepper, basil**, intersperse with some **mushroom caps**, and sprinkle **Parmesan cheese** over all. Set it in a 375°F. oven until it bubbles, then slide it under the broiler to brown. Don't hesitate to serve this leftover to the mayor of your town.

INGREDIENTS: Leftover wild rice; leftover broccoli; leftover turkey with sauce; a few ripe tomatoes; salt; pepper; basil; mushroom caps; Parmesan cheese.



BROILED TURKEYS take to all the treatments that go for broiled chickens. They're delicious, too. Use the drippings and make a cream sauce for them—that's the best of all. With a little sherry or white wine added.



There are two excellent chicken liver recipes you might try at your next "Sunday night." One is **CHICKEN LIVERS IN GUAVA JELLY**. I happen to adore anything with guava jelly. Perhaps you won't.

Just toss 1 pound fresh chicken livers in salt, pepper, and flour. Sauté them lightly in a heated frying pan in sizzling

butter (you know what I mean by that by this time; heat the pan; sizzle the butter; fry the livers) until they are just lightly browned on all sides. You'll probably have to do them a few at a time and lift them out. Add butter as you need it. When they're all brown, return them all to the pan and add **1 jar** (8 ounces) **guava jelly**. Simmer them for about 5 minutes, breaking up the jelly until it is heated and melted. Stir the livers a bit. Wild rice is the proper accompaniment. A pound of livers serves 10 people if it's to be two or three livers each; if it's a main course, it will do for 5.

INGREDIENTS: 1 pound fresh chicken livers; salt; pepper; flour; butter; 1 jar guava jelly.

The other chicken liver recipe I call **PARTY CHICKEN LIVERS**. Do these in a chafing dish or an electric skillet. Or, a bit more tidy, you can prepare them over your own range in a heavy frying pan and transfer them to the chafing dish when they're ready to be served.

Heat your chafing dish or whatever very hot, add $\frac{1}{4}$ **cup butter or margarine** (make it part butter, if you can), and heat the butter to sizzling. Season **1 pound chicken livers** (be sure to cut away the membranes) with **salt** and freshly ground black **pepper**, and toss them in a paper bag with **1 tablespoon flour**. Shake away the excess—they should have a very light coating—and sauté them quickly in the sizzling butter until they're lightly browned. Now sauté **6 or 8 sliced mushrooms** for 1 minute. Add butter if needed. Push the livers and mushrooms over to one side of the pan and sprinkle in the empty half of the pan another **tablespoon of flour**. Rub it around with the brown juices in the pan, gathering up all the little crusty parts, then add gradually **1 cup strong chicken broth**, preferably homemade, and $\frac{1}{2}$ **cup light dry sherry**. Stir this around constantly, simmering, until the sauce thickens, then add the livers to the sauce and combine them thoroughly. Add, at the end, **1 tablespoon chopped parsley**. Serves 5 or 6 for a main dish, many more if part of a party buffet. Rice, always, wild or tame.

INGREDIENTS: $\frac{1}{4}$ cup butter or margarine; 1 pound chicken livers; salt; pepper; 2 tablespoons flour; 6 or 8 sliced mushrooms; 1 cup strong chicken broth; $\frac{1}{2}$ cup light dry sherry; 1 tablespoon chopped parsley.

I'm not through with chicken livers yet. This is a noted **CHICKEN LIVER CASSEROLE**. Starts the same as the other two. Sprinkle 1 pound chicken livers with salt, pepper, and 1 tablespoon flour. Sauté them in 2 tablespoons butter. While they're browning sprinkle $\frac{1}{4}$ teaspoon marjoram and 1 teaspoon chopped parsley over them and add $\frac{1}{4}$ cup light sherry. Stir everything around. You'll have a paste, not a sauce, you know. Place everything, scrapings too, in a 2-quart casserole. Heat 2 tablespoons butter in a hot iron frying pan, add 2 tablespoons chopped onion and 1 cup Uncle Ben's rice (not the instant kind) and stir the rice and onion around, watching every minute, until they are lightly browned. Now add, 1 cup at a time, 2 cups chicken stock, rich and strong and well salted. If it isn't well salted, you'll have to add some here—about 1 teaspoon salt if the stock is bland. Add the rice and stock to the livers, stir everything around once and bake at 350°F. for 40 to 45 minutes or until the liquid is absorbed and the rice is done. The gal who gave me this recipe, a fine cook, puts bacon strips on top. I don't. Choose sides. This will serve 6.

INGREDIENTS: 1 pound chicken livers; salt; pepper; 1 tablespoon flour; 4 tablespoons butter; $\frac{1}{4}$ teaspoon marjoram; 1 teaspoon chopped parsley; $\frac{1}{4}$ cup light sherry; 2 tablespoons chopped onion; 1 cup Uncle Ben's rice; 2 cups chicken stock.

HOW WILL YOU HAVE YOUR BEEF?



America is a country of beef-eaters, I am told. I have served, to be sure, enough beef to my guests over the past fifteen years to prove it. Well, I like it too. For me, when it's roasted, I want it rare, I want it sliced thin, I want it aged, I want it tender. There are those who disagree. Sometimes there's rivalry for the outside piece. Occasionally, though this happens less and less, some misguided soul wants it so well done we have to fry it for him after it's roasted. Many men, in fact, consider the day lost if they may not have their beef sliced half an inch thick with the rib bone left attached. To each his own, I say.

How will you have yours?



I'm sure you've heard of roasting a 3-pound boneless chuck in a large, doubled-over piece of heavy foil. Set the beef on the foil, pour over it a can of condensed cream of mushroom soup and a package of dehydrated onion soup. Seal it tight, bake it at 325°F. for 3 hours. No need to look at it. A time-saver for you who need to save time.



Doing a roast for a party? Get a 7-rib standing roast, have it cut into two by your butcher, so that you have one 3-rib and

one 4-rib roast. If you have the 4-rib roast cut from the small end, the 3-rib from the large end, they will get done at just about the same time, and the two roasts together will take about half the time that one large one would need. Best of all, you then have four outside pieces, a desirable situation. Don't try this if *all* your guests are rare, rare people.



Cut a **2-pound piece of bottom round** into four sections. Sprinkle them with **salt, pepper, flour, and thyme**, and brown them, along with an **onion**, in some fat from the meat. Cover with $\frac{1}{2}$ **cup red wine**, then simmer them in a heavy covered kettle for about 2 hours. The flour ought to thicken the gravy. You'll have **INDIVIDUAL POT ROASTS**. Serves 4.

INGREDIENTS: 2-pound piece of bottom round; salt; pepper; flour; thyme; 1 onion; $\frac{1}{2}$ cup red wine.



If everyone in your family goes for rare beef, roast your beef in a 200°F. oven for one hour per pound. It'll not only be rare, it'll be gorgeous.



Make your **POT ROAST** as usual. At the last, cool the gravy to room temperature, add commercial sour cream, a bit of sugar, a bit of garlic. Taste it. Reheat it but don't boil it. Serve it.



Don't overlook the old-fashioned beef stew when you're worrying about what to have for company for lunch or supper. Everybody loves it, and practically nobody serves it to anybody else. If you're a fine stew-maker, prideful be! Serve it!



CHIPPED BEEF (also called dried or smoked beef) browned in butter, sprinkled with flour, then milk added to make a rich cream sauce is even better with a bit of dry white wine in the sauce. Fold in a package of steamed frozen artichoke hearts!



I'm going to talk about venison now, so skip this part if you don't want to hear. Venison is not actually beef, but it's closely enough related, I think, to include here.

Venison, you know, should be hung for about a week. To remove the gamey flavor which some people don't like, marinate a **ROAST OF VENISON** (which should be the saddle, the leg, the rack, or the tenderloin) overnight in an earthenware or Pyrex dish. The marinade should be made of **1½ cups light red wine; ⅔ cup olive oil; 3 bay leaves; ½ teaspoon thyme; ¼ cup chopped parsley; 2 green onions, tops and all, or 2 small white onions; 1 cup wine vinegar; 1 teaspoon crushed peppercorns; 1 clove garlic, chopped.** Cook the marinade for 5 minutes, then pour it around the roast. There should be no fat on the venison at all at the time the marinating starts. Turn occasionally.

To roast the venison, remove it from the marinade after its 12-hour spell, set it on a rack over a roasting pan, and roast it in a 325°F. oven for 30 minutes to the pound. Your meat thermometer should register 140°F. for rare, or 150°F. for medium. I *hope* you use a meat thermometer. To me, trying to remember without a thermometer is like trying to get up in the morning without an alarm clock. Lots of times I get up before the clock, but lots of times I don't. The roast needs basting, it's a dry meat at best; do this with a mixture of **melted butter and orange juice.**

When the meat is done, remove it from the pan and keep it warm. Add the **strained marinade** to the **juices in the bottom of the pan** and bring it to a boil, letting it boil and rubbing the juices from the pan until it is reduced to half, about 20 minutes. Then add **1 cup undiluted beef or chicken consommé**, bring to a boil, and reduce it again to one half. Strain, if necessary. Add **1 tablespoon butter**. Taste; adjust seasoning if it seems indicated. Slice the venison and ladle the sauce over it. Serve.

An Alternate Sauce: Melt **1 cup currant jelly**, add **2 tablespoons port wine**, rind of **½ lemon**, and **1 stick cinnamon**. Boil up once.

Another Sauce: Simmer **2 green onions, chopped**, in **½ cup dry Vermouth**. Add **½ teaspoon each of salt, freshly ground**

black pepper, dry mustard, and 1 cup of red wine, stir into pan juices with 2 tablespoons butter, and $\frac{1}{2}$ teaspoon lemon juice. Let it boil. Strain it. Serve.

That's all I have to say about venison.

INGREDIENTS: Roast of venison; melted butter; orange juice.

For the marinade: $1\frac{1}{3}$ cups light red wine; $\frac{2}{3}$ cup olive oil; 3 bay leaves; $\frac{1}{2}$ teaspoon thyme; $\frac{1}{4}$ cup chopped parsley; 2 green onions with tops or 2 small white onions; 1 cup wine vinegar; 1 teaspoon crushed peppercorns; 1 clove garlic.

For the sauce: Strained marinade; pan juices; 1 cup undiluted beef or chicken consommé; 1 tablespoon butter.

For an alternate sauce: 1 cup currant jelly; 2 tablespoons port wine; rind of $\frac{1}{2}$ lemon; 1 stick cinnamon.

For another sauce: 2 green onions; $\frac{1}{2}$ cup dry Vermouth; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ teaspoon pepper; $\frac{1}{2}$ teaspoon dry mustard; 1 cup red wine; pan juices; 2 tablespoons butter; $\frac{1}{2}$ teaspoon lemon juice.

The Masterton family's favorite family supper, called **SMOTHERED STEAK**, goes so: Pound thoroughly into a thick 2-pound slice of round or chuck steak (or one called a **California steak**, a near-boneless variety) 2 tablespoons flour, $\frac{1}{2}$ teaspoon salt, and pepper as you like it (we like it freshly ground from a mill, and plenty of it). Turn the steak and repeat on the second side. Get all the flour in.

Heat till very hot a heavy black iron skillet; you'll need one with a cover. When it sizzles as you add it, add 2 tablespoons butter or margarine. Add 2 large onions, sliced thin, and simmer them until they're golden yellow, not brown. Remove the onion with a slotted spoon to a dish for a minute, then brown the meat in the same fat, one side at a time. You'll need a high heat and a watchful manner. Add more fat if you need it, but normally this isn't necessary, since the meat starts producing fat of its own as soon as it gets hot. Replace the onions on top of the meat, add $\frac{3}{4}$ cup boiling water to the pan (don't pour it over the meat—it'll remove the brown crust you've just labored over), cover the skillet tightly, and

allow the steak to simmer slowly for 1½ to 2 hours, or until the meat is very, very tender. If you haven't a cover for your skillet, use heavy-duty aluminum foil. Taste for seasoning. I'll be surprised if you need any. The right accompaniment to this is potato pancakes or broad noodles. Serves 4.

INGREDIENTS: 2-pound slice of round or chuck steak (or California steak); 4 tablespoons flour; 1 teaspoon salt; pepper; 2 tablespoons butter or margarine; 2 large onions; ¾ cup boiling water.

And then there's **STEAK TERIYAKI**. Have sirloin steaks sliced ¼-inch thick, then into 1-inch strips. Weave these strips back and forth on long skewers. Marinate them for an hour in a combination of ½ cup soy sauce, ¼ cup sherry, 1 clove garlic (crush it), 1 tablespoon sugar. Broil over charcoal just long enough to brown and then a minute longer. This works with chicken or pork, too. Pork must be well done!

INGREDIENTS: Sirloin steaks; ½ cup soy sauce; ¼ cup sherry; 1 clove garlic; 1 tablespoon sugar.

A fancy name for a **PEPPER STEAK** is **STEAK AU POIVRE**. It's a down-to-earth food, nonetheless, and the simplest sort of dish to prepare. Get a charcoal fire down to a medium heat. While this is going on—it takes time—crush very coarsely 2 tablespoons whole peppercorns. You can buy these as "cracked" peppercorns in some fancy grocery shops, but it's easy enough to crack some whole peppercorns and eliminate the shopping around. Press the peppercorns firmly into an otherwise unseasoned 2-inch-thick sirloin steak—3 inches thick is even better—and, when your fire has reached the medium point you're after, grill the steak 8 minutes to a side if it's 2 inches thick, a little longer if it's thicker. Try to have the steak resting with the peppercorns in it at least ½ hour before the grilling process.

When the grilling time is up, cut into the steak with a sharp knife to be sure it's the way you want it to be, lift it onto a hot platter or carving board, and smear it with 4

tablespoons ($\frac{1}{2}$ stick) **butter**. You can salt it now, too. The butter will melt and mingle with the juices of the steak as you carve it. Cut it on the diagonal in rather thin slices. Served on crusty rolls with a good dousing of the butter, the steak-juice sauce and a slice of sweet onion, you have a meal worth talking about. Serves 4 to 6, depending on weight of steak.

INGREDIENTS: 2 tablespoons whole peppercorns; 2-inch-thick sirloin steak; 4 tablespoons butter; salt.

A great **FLAVORED BUTTER FOR STEAK** is done in your blender or, more laboriously, with a fork. Blend together $\frac{1}{4}$ pound (1 stick) **butter**, 1 **tablespoon lemon juice**, 1 **teaspoon Worcestershire**, 1 **teaspoon chopped parsley**, and 1 **teaspoon chopped chives**. Chill it. Spread it on steak just before serving. Keep a supply around, in the refrigerator.

INGREDIENTS: $\frac{1}{4}$ pound butter; 1 **tablespoon lemon juice**; 1 **teaspoon Worcestershire sauce**; 1 **teaspoon chopped parsley**; 1 **teaspoon chopped chives**.

A particularly fine **MARINADE FOR A THICK STEAK**. Lay the steak in a flat glass casserole to fit it and sprinkle over it $\frac{1}{4}$ **cup lemon juice** (bottled is all right); $\frac{3}{4}$ **cup olive oil**; $\frac{1}{4}$ **cup red wine**; 1 **small onion**, peeled and sliced; 1 **clove garlic**, peeled and split; $\frac{1}{2}$ **teaspoon salt**; a liberal sprinkling of freshly ground **pepper**. Turn the steak around several times so it's well coated. Salt and pepper the underside of the steak as you did the topside. Four or five hours in this, or overnight, and your steak, broiled over charcoal, will be just great!

INGREDIENTS: $\frac{1}{4}$ **cup lemon juice**; $\frac{3}{4}$ **cup olive oil**; $\frac{1}{4}$ **cup red wine**; 1 **small onion**; 1 **clove garlic**; $\frac{1}{2}$ **teaspoon salt**; **pepper**.

A very, very nice **MEAT LOAF** is concocted by mixing together 2 **pounds of ground chuck steak**, 2 **teaspoons salt**, $\frac{1}{3}$ **cup quick-cooking tapioca**, $1\frac{1}{2}$ **cups crushed canned (drained) tomatoes**, and $\frac{1}{4}$ **cup chopped onions sautéed in**

butter. Fried lightly, that's sautéing. Fit it into a greased loaf pan and bake at 375°F. for about 45 minutes. This will serve 4 or 6 of you, depending on whether it's men or boys you're feeding.

INGREDIENTS: 2 pounds ground chuck steak; 2 teaspoons salt; $\frac{1}{3}$ cup tapioca; $1\frac{1}{2}$ cups crushed canned tomatoes; $\frac{1}{4}$ cup chopped onions; butter.



At your next hamburger barbecue, have the hamburgers shaped and ready, but half the usual thickness. Your guest then fills one with that which he likes best, puts two together and grills his own hamburger special. All you have to provide is a dish each of the following: chili sauce and mustard, mixed; Roquefort cheese; grated Cheddar cheese (good with mustard, too); finely chopped onion; tomatoes, sliced thin; pickle relish; commercial sour cream. You take care of grilling the rolls. Easy party, what?



A hamburger, a poached egg, topped with Hollandaise sauce? Try it. You'll love it.



Somebody said to me once that she needed words of advice on the proper making of a **CORNERD-BEEF HASH**. Two good rules to remember are that you should have twice as much meat as potatoes and that the potatoes should be boiled *for* the hash, if possible. Freshlike.

Here's the way I do it: I get a black iron skillet hot. Then, and only then, I sizzle a **large lump of butter** in it and when it is bubbling and golden I add a **small onion**, chopped. The onion wilts, gills, and then I add $\frac{1}{2}$ **small green pepper**, chopped and trimmed of seeds and membranes, and sauté the onion and pepper for another minute. I add the **cornerd beef**, **4 cups of it** to one side of the pan—all cut up in cubes—and **2 cups freshly parboiled** (14 minutes or so) **potatoes**, also cubed, to the other side of the pan. I stir the meat around with the onion-pepper mixture, keeping it all on its own side of the pan. The meat sautés slowly on one side, the potatoes

on the other side. Now I season the potatoes with salt and freshly ground pepper. If the pan gets dry, I add more butter, stirring only occasionally, and cook until the potatoes have a fine light-brown crust. Now I mix it all together and add 1 tablespoon Worcestershire sauce and 1 tablespoon chopped parsley. When it's all combined, and heated through, I make little wells here and there and drop an egg in each. Salt and pepper on the eggs. Cover the whole thing and let the eggs set. That takes at least 5, sometimes 10, minutes. Serves 4.

INGREDIENTS: Butter; 1 small onion; $\frac{1}{2}$ small green pepper; 4 cups cubed corned beef; 2 cups cubed boiled potatoes; salt; freshly ground pepper; 1 tablespoon Worcestershire sauce; 1 tablespoon chopped parsley; eggs.

A LUSH CORNED-BEEF HASH which you should not mind serving to any guest uses 3 cups hot freshly boiled potatoes (boil them for the hash, don't use cold ones) and 6 cups chopped corned beef. Salt it according to its needs—depends on the state of the corned beef; some is saltier than others—and add lots of freshly ground pepper. Heat your black iron frying pan hot, sizzle $\frac{1}{4}$ pound (1 stick) butter in it until it is light brown, then add the potatoes and beef mixture. Stir it around a few times, then let it fry slowly over low, low heat. That's the way you form a crust. Gradually add 1 cup light cream, bit by bit, just enough at a time to keep the hash from drying out. When there's a good crust on the bottom, serve it, or if you're one who likes lots of crust, turn it carefully and let the top, which is now the bottom, get a crust of its own. This is ample hash for 6.

INGREDIENTS: 3 cups hot freshly boiled potatoes; 6 cups chopped corned beef; salt; pepper; $\frac{1}{4}$ pound butter; 1 cup light cream.

A NEW ENGLAND BOILED DINNER brings nostalgia to lots of my friends. Me, too. Not enough people know how to do it.

Cover a 5-pound brisket of corned beef with cold water.

Bring the water to a boil. Pour it off. Cover with cold water again. Bring it back to a boil. Let it simmer. You'll need 45 minutes for each pound of beef, if you're starting to time it. After it has come back to its second boil, add **6 peppercorns**, **a bunch of soup greens** (or **1 sprig of celery**, **2 carrots**, **2 leeks**, **2 small white turnips**), and continue the simmering until the meat is tender. For the authentic New England boiled dinner, you also add, about 2 hours after the beef has started boiling, **½ pound salt pork**, and let it simmer along with the beef.

When the meat is done, remove it, with enough broth to cover it, to a bowl, and, in the original pot, skim off all the scum and excess fat, and add **6 large peeled carrots**, **6 peeled white small purple-top turnips**, and **4 large peeled onions**. Let these simmer about a half hour, then add **12 small whole new potatoes**, peeled or unpeeled. If you can't get the new potatoes, peel medium-sized old potatoes, quarter them and add them. While these vegetables and potatoes are simmering in the broth, steam or boil separately **6 medium-sized peeled beets**. They will take about the same length of time as the turnips and carrots. When all the vegetables are nearly done, return the beef to the broth with them and bring it back to a simmer for 5 minutes. At this time, steam, separately, **1 small head of cabbage**, cut into wedges. The cabbage should not be cooked through, and won't need more than 5 minutes of steaming. Wilted is the way.

Serve, from an extra-large platter, the corned beef sliced in the center, surrounded by the potatoes, the turnips, the carrots, the beets, and the cabbage, each in its own section. The salt pork may be sliced too, if there's someone of your kin who would enjoy it. By cooking the beets separately, you're spared that unpleasant pink tinge many of the old New England boiled dinners had; and by steaming the cabbage instead of boiling it, you eliminate the unpleasant cabbage odor and the unappetizing appearance of overcooked cabbage. Serves 6.

INGREDIENTS: 5-pound brisket of corned beef; 6 peppercorns;
1 bunch soup greens (or 1 sprig celery, 2 carrots, 2

leeks, 2 small white turnips); $\frac{1}{2}$ pound salt pork; 6 large carrots; 6 small white purple-top turnips; 4 large onions; 12 small new potatoes (or 3 large old potatoes); 6 medium-sized beets; 1 small head cabbage.

CALVES' LIVER SUPERBE. Sauté enough seasoned liver for four people in sizzling **butter**. Get the pan hot first, add the butter next, watch it sizzle. As soon as the liver is lightly browned on each side, no more than two minutes a side, still pink in the middle, remove it to a hot, waiting, platter. Have it hot, have it waiting. In the same pan, melt $\frac{1}{4}$ pound (1 stick) **butter**; add the juice of 2 lemons, 1 tablespoon of **parsley**, and a little **garlic powder**. Let it sizzle, scrape it all, every bit over the liver. I said, *superbe!*

INGREDIENTS: Calves' liver; butter; juice of 2 lemons; 1 tablespoon parsley; garlic powder.



CALVES' LIVER is veal, as well. Hard to straighten these things out. Veal is beef before it's grown up, which is what a calf is. Next time you sauté some calves' liver, pour a little dry Vermouth in the pan. Let it bubble up.



A delicious **SAUCE FOR COLD CUTS** of any sort, beef or pork or lamb: Stir together with a fork 1 cup commercial sour cream, 2 tablespoons lemon juice, 1 tablespoon prepared mustard, $\frac{1}{4}$ teaspoon sugar, and $\frac{1}{4}$ teaspoon curry powder. Keep some around.

INGREDIENTS: 1 cup commercial sour cream; 2 tablespoons lemon juice; 1 tablespoon prepared mustard; $\frac{1}{4}$ teaspoon sugar; $\frac{1}{4}$ teaspoon curry powder.

And another thing is this **WHIPPED HORSERADISH SAUCE**, for steak, roasts, cold meats. A delicious affair. Soften 1 package (8 ounces) **cream cheese**. Blend in 1 tablespoon confectioners' sugar, 1 tablespoon lemon juice, 1 tablespoon Worcestershire, and 2 tablespoons prepared

horseradish. When thoroughly blended, fold in $\frac{1}{2}$ cup heavy cream, whipped, and refrigerate. You'll have $1\frac{1}{2}$ cups.

INGREDIENTS: 1 package (8 ounces) cream cheese; 1 tablespoon confectioners' sugar; 1 tablespoon lemon juice; 1 tablespoon Worcestershire sauce; 2 tablespoons prepared horseradish; $\frac{1}{2}$ cup heavy cream.

Then there's a quick **MUSTARD SAUCE** for barbecued steak or ribs. Melt butter in a saucepan, then add an equal quantity of prepared mustard. Serve it hot.

MARY HAD A LITTLE LAMB



One time I moved into a new community and was graciously and cordially invited to have dinner

with one and another of my new neighbors. Everywhere I went those first weeks, the main part of the dinner was roast leg of well-done lamb with roast potatoes and peas. It was uncanny. I just hit the lamb nights, that's all. It took me a while to get over *that*. Now that I'm cooking, myself, so constantly, I've found that they had a good idea—they just didn't carry it out very well. For what is superior to a tender, slightly rare leg of lamb, pink and juicy as it is sliced—to a charcoal-broiled boned lamb leg, anointed with herbs, turned and turned and basted with its own juices—to a lamb, marinated for hours in a shish-kebab marinade, then broiled—to a lamb ragout—a traditional lamb stew. I love them all now, and never have any one of them often enough to get tired of it. A rut is a rut, in cooking as in living.



So many good things you can do with a roast of lamb. For instance, cover a 6- or 7-pound leg of lamb with 1 pound puréed cooked apricots. Roast as usual. Slow, you know.



CHARCOAL-BROILED MARINATED LAMB is worth knowing about. Ask your butcher to bone a small leg of lamb,

leaving the shank on. Slit it so it can be opened out flat. Marinate it overnight in $\frac{1}{4}$ cup wine vinegar; $\frac{1}{4}$ cup olive oil; $\frac{1}{2}$ cup chopped parsley; 1 finely chopped onion; 1 clove garlic, finely chopped; and $\frac{1}{2}$ cup red wine. If there's not enough marinade to cover the lamb when it's spread out in a large dish, turn the lamb several times. When you're ready to broil it, lift it out of the marinade and season it thoroughly with salt and freshly ground pepper. Broil it in a hinged grid or directly on your charcoal grill; it will be done, rare, in 45 minutes. Test it, and, if you want it better done than it appears to be, cook it a little longer. It should take no more than an hour and a half for a 6-pound leg to be done—well done. Don't invite me. I like my lamb rare.

INGREDIENTS: Small leg of lamb; salt; freshly ground pepper.

For the marinade: $\frac{1}{4}$ cup wine vinegar; $\frac{1}{4}$ cup olive oil; $\frac{1}{2}$ cup chopped parsley; 1 cup finely chopped onion; 1 clove garlic; $\frac{1}{2}$ cup red wine.

An interesting **MARINATED ROAST LAMB** would have $\frac{1}{4}$ cup pure olive oil, 1 cup wine, and lots of rosemary. Insert slivers of garlic in the lamb roast; salt it and pepper it. Roast the lamb right in the marinade, basting occasionally and adding more wine if it seems you won't have enough left for gravy. You should have at least a cup. When the lamb is done, set it on a platter, pour off (but save) most of the marinade, brown 1 tablespoon flour in the drippings in the pan, then return the marinade. Let it boil up. If you need more fluid, add a little more wine. This lamb is a natural with kasha and a green salad.

INGREDIENTS: Garlic; lamb roast; salt; pepper; 1 tablespoon flour.

For the marinade: $\frac{1}{4}$ cup pure olive oil; 1 cup wine; rosemary.



Always have legs of lamb skinned. Then your family will enjoy the aroma of the cooking.



TERIYAKI is a fine way to use a **leg of lamb**. Cut it into large chunks, 3 or 4 inches long, 1 or 2 inches thick, and soak the pieces for 3 or 4 hours in the following sauce. Turn them occasionally, the rule for all marinating, unless your liquid covers all your meat. Combine $\frac{1}{2}$ cup soy sauce; 1 cup red wine; 4 tablespoons sugar; 2 tablespoons lemon juice; a dash of salt; 1 clove garlic, peeled and split; and 1 slice candied ginger, slivered. Broil the lamb pieces over hot charcoal for 10 minutes, brush with sauce, turn, broil 10 minutes; test for doneness. If you want to make the chunks smaller, they won't need this much broiling. Don't overdo them or you'll dry them out; so cut into the meat to see if it's done. Keep it a little pink. Slice diagonally to serve.

INGREDIENTS: Leg of lamb; $\frac{1}{2}$ cup soy sauce; 1 cup red wine; 4 tablespoons sugar; 2 tablespoons lemon juice; salt; 1 clove garlic; 1 slice candied ginger.



One of the best uses for leftover lamb is in a curry; you know that, of course. Next time add some pineapple chunks, drained, and some bits of green pepper to the sauce.



People should serve glamorous food more often. At least that's the way I feel about it. Such as a **CROWN ROAST OF LAMB with PUREED CHESTNUTS**. Have 12 loin chops (2 loins) tied in a circle for a crown roast. You will delight your butcher, believe me, if you ask him to do this. Even in supermarkets, they have souls. Trim the bones and cover them with bits of **salt pork**. Ask him to do this too. You'll be his favorite customer. Sprinkle with **salt and pepper**. Bake for 1 hour at 325°F., basting occasionally with a bit of **chicken broth** or **consommé**. You'll be in luck if you have chicken broth in your freezer. When ready to serve, remove the string and the bits of pork. Trim the bones with those silly paper frills, which you can usually get from your butcher. Fill the cavity with puréed chestnuts, pass a bowl of mint sauce. This isn't just good cooking, it's *great*. Serves 6, 2 chops each.

Puréed Chestnuts: Press through a Foley food mill or a

sieve or a colander, **1 quart boiled and peeled chestnuts**. Look up my rule for preparing chestnuts on page 41. Add **2 tablespoons heavy cream, 2 tablespoons melted butter** (unless the chestnuts are still hot enough to melt it), **¼ teaspoon salt, ¼ teaspoon paprika, ¼ teaspoon onion juice, and ½ teaspoon sugar**. Mix all together and press again through the food mill. If you have an old-fashioned potato ricer, that's good, too. Fill the cavity in the crown roast with this delightful concoction. Serves 6.

INGREDIENTS: 12 loin chops in the form of a crown roast; salt pork; salt; pepper; chicken broth or consommé.

For the puréed chestnuts: 1 quart boiled and peeled chestnuts; 2 tablespoons heavy cream; 2 tablespoons melted butter; ¼ teaspoon salt; ¼ teaspoon paprika; ¼ teaspoon onion juice; ½ teaspoon sugar.



Another thing to do. Roast your lamb just plain, with salt, pepper, onions, in a 325°F. oven. When it's half done, start basting with sauterne. Use a cupful.



Every time I buy a leg of lamb, rather than roast the shank with it, I cut it off the leg (it's usually pretty nearly cut off anyway), trim away the excess fat, and drop it in a plastic bag and freeze it. Then when I have 6 or 8 of them, we have another meal, a delightful one, which we call **CAPERED SHANKS**. Make this by covering the **6 or 8 lamb shanks** with water and then adding **2 onions**, good-sized ones, peeled and quartered; **4 large carrots**, peeled and left whole; **1 medium-sized purple-top white turnip**, peeled and quartered; **4 peppercorns**; and **1 bay leaf**. The shanks can still be frozen, doesn't matter. Bring the water to a boil, then simmer the shanks for an hour or two, until they are very, very tender. And tender is the word for these; there is no better part of a leg of lamb.

Lift the shanks from the broth, set them in a flat baking dish or casserole, strain a little of the broth over them and keep them warm while you prepare your sauce.

Strain the rest of the broth. Make a simple sauce by melt-

ing $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) **butter** or margarine (if you use margarine, use the corn-oil sort), stirring into it **3 tablespoons flour**, rubbing until you have a smooth paste. Add gradually, stirring all the while, **$2\frac{1}{2}$ cups of the lamb broth** and **$\frac{1}{4}$ cup light cream**, some gratings of black **pepper**, and, at the last, **2 jars** (about $\frac{1}{2}$ cup) **capers**, as they come from the jar, brine and all. Don't let the sauce boil after adding the capers. Serves 6 to 8.

Serve the shanks covered with the sauce. Pumpnickl bread and lots of butter.

INGREDIENTS: 6 or 8 lamb shanks; 2 onions; 4 large carrots; 1 medium-sized purple-top white turnip; 4 peppercorns; 1 bay leaf.

For the sauce: $\frac{1}{4}$ cup butter or margarine; 3 tablespoons flour; $2\frac{1}{2}$ cups lamb broth; $\frac{1}{4}$ cup light cream; pepper; 2 jars capers.



A lot cheaper than capers are nasturtium seeds, if you have a garden in which to grow some nasturtiums. Take full-grown green seeds and put them into a large bottle of your best cider vinegar. Cork them closely. They require nothing more and are a satisfactory match for capers.



Then there's **ROAST LAMB WITH SOUR CREAM**. A delight. Sprinkle a 7- to 8-pound leg of lamb with salt and **pepper** and a finely chopped **clove of garlic**. Set in a hot (450°F.) oven just long enough to start it cooking and to brown it a little. Then cover the top of the lamb with **2 to 3 pints of commercial sour cream**, enough to really cover it. Sprinkle with **1 teaspoon dill weed**. Cool the oven down, quickly, to 325°F. , return lamb to the oven, and continue to roast it. Use a roasting thermometer and take it out when it registers 155°F. to 160°F. , unless you like your lamb very well done. Baste this a few times. Serves 6 to 8.

INGREDIENTS: 7- to 8-pound leg of lamb; salt; pepper, 1 clove of garlic; 2 to 3 pints commercial sour cream; 1 teaspoon dill weed.



And my friend Miss Leslie said, in 1857, on the subject of mutton: "If mutton is good, it is of a fine grain; the lean is of a bright red color and the fat firm and white. Unless there is plenty of fat the lean will not be good; and so it is with all meat. If the lean is of a very dark red, and coarse and hard, and the fat yellowish and spongy, the mutton is old, tough and strong. Therefore, do not buy it. If there is any dark or blackish tint about the meat, it is tainted, and of course unwholesome. If kept till it acquires what the English call venison taste, Americans will very properly refuse to eat it.

"We give no directions for disguising spoilt meat. It should be thrown away. Nothing is fit to eat in which decomposition is commencing."

Words of wisdom. Heed them.



In England, it's **MUTTON**, and this recipe, from one of my English friends, calls for mutton. You're supposed to skin and bone (a butcher's job, I would say) a **5-pound leg of properly aged mutton**. (What is a mutton, if not aged? But there's a difference between old and aged. Your butcher will know.) Tie it together in a neat roll, rub with **1 cut onion** and **1 cut lemon**, squeezing the juice of the lemon over the top of the mutton as you go. Add $\frac{1}{2}$ **teaspoon salt**, $\frac{1}{4}$ **teaspoon paprika**, and $\frac{1}{2}$ **cup tart currant jelly**. Bake for $1\frac{1}{2}$ hours, basting constantly with the juices in the pan, in a slow (325°F.) oven. Lift the roast onto a hot platter; add $\frac{1}{4}$ **cup sherry** to the liquid in the pan, bring it to a boil, and strain it over the mutton. Another way is to strain the gravy from the pan directly on the mutton, pour $\frac{1}{4}$ **cup brandy** over the top, and light it. It's easy to cut this into neat slices. A good recipe for lamb, too. Serves 8.

INGREDIENTS: 5-pound leg of aged mutton; 1 onion; 1 lemon; $\frac{1}{2}$ teaspoon salt; $\frac{1}{4}$ teaspoon paprika; $\frac{1}{2}$ cup tart currant jelly; $\frac{1}{4}$ cup sherry or $\frac{1}{4}$ cup brandy.



Think of creamed mushrooms with lamb chops sometime. If it's for a party, serve each broiled chop on a slice of grilled

bread (thin-sliced white bread fried in plenty of sizzling butter until lightly browned) with a ring of the creamy mushrooms about. Sprinkle the tops of the mushrooms with chopped chives. I'm all for adding some commercial sour cream and sherry to the cream sauce.



This recipe, called by a good friend of mine a **LAMB RAGOUT**, presupposes you have roasted your lamb, made your gravy, and have **1 cup of the gravy** left over. Add to it **2 tablespoons finely chopped dill pickle**; **1 medium onion**, chopped fine; **1/8 teaspoon pepper**; **4 whole allspice**; **peel of 1/2 lemon**, sliced (the yellow without the white); **2 tablespoons tarragon vinegar**; **1 teaspoon prepared mustard**; and **1 tablespoon butter**. Bring it to a boil, let it simmer a few minutes, then add **8 slices of roast lamb**. Let it stand on back of your range for an hour. Before serving add **1/2 cup Madeira wine**. Heat and serve. If your original gravy was very thin, start by browning 1 tablespoon flour in the butter. Otherwise, don't. Serves 4.

INGREDIENTS: 8 slices roast lamb; 1 cup lamb gravy; 2 tablespoons finely chopped dill pickle; 1 medium onion; 1/8 teaspoon pepper; 4 whole allspice; peel of 1/2 lemon; 2 tablespoons tarragon vinegar; 1 teaspoon prepared mustard; 1 tablespoon butter; 1/2 cup Madeira wine.



Grate some lemon peel on your lamb chops next time.



I pass this recipe on to you for what it's worth. I haven't yet found the courage to try it! In the top of a double boiler combine **1 can cream of mushroom soup**, **1 jar puréed baby-food fruit** (pears and apricots or any other), **leftover lamb**, and **curry to taste**. Serve and tell me how you liked it. Let's call it **LAMB CURRY AFTER A FASHION**.

INGREDIENTS: 1 can cream of mushroom soup; 1 jar puréed baby-food fruit; leftover lamb; curry.

You know how to make a **MINT SAUCE**? First, grow yourself some mint, the easiest plant in the world to have about.

One plant multiplies to a patch in one year flat. Wash and cut up fine $\frac{1}{2}$ cup fresh mint; add $\frac{1}{2}$ cup white vinegar, 1 tablespoon sugar. Boil for 5 minutes.

INGREDIENTS: $\frac{1}{2}$ cup fresh mint; $\frac{1}{2}$ cup white vinegar; 1 tablespoon sugar.

Another nice thing to do with mint for lamb is to fix yourself some **MINT BUTTER**. Soften $\frac{1}{4}$ pound (1 stick) sweet butter (or lightly salted, but the sweet is better), work with a wooden spoon until creamy, add 6 tablespoons chopped fresh mint leaves. Incorporate the mint into the butter. Pack into a small crock. Keep this in your refrigerator. Smooth a teaspoonful over your lamb chops when you take them from the oven. You can do the whole thing in a blender, of course, but there's a nice sense of participation when you do it the old-fashioned way; that's just my opinion.

INGREDIENTS: $\frac{1}{4}$ pound sweet butter; 6 tablespoons chopped fresh mint leaves.

A true **THICK MINT SAUCE**, and a good one, calls for a large bunch of fresh mint. Wash but do not dry it, just shake away the water. Mince the leaves only; toss the stems away. Put the leaves in a sauceboat or bowl and just moisten them with good cider vinegar. There should be no liquid; just use enough of the vinegar to moisten the leaves—about the way horseradish is moistened. Add sugar, white or brown, to remove the tartness. Stir it in, taste it, a bit at a time. Let it sit a bit. Then serve with lamb.

INGREDIENTS: Large bunch fresh mint; cider vinegar; sugar.

THIS LITTLE PIG



Pork's country food, winter food, and in these days of baby-sitting the pigs of

our nation, it is no longer a treacherous meat. Lean and white the roasts, crisp the fat, and, too, there is nothing better than the many, many delicious Chinese dishes which start with bits of lean pork. Remember always to cook it through. Remember always to match it with an orange applesauce, some glazed cranberries, perhaps a few sautéed bananas—just to give it oomph—and then think of sauerkraut tucked in and around and under the roast. Remember it for breakfast—the salt pork and the cream gravy of our youth. Never, in fact, hesitate to serve pork any time.

A very effective matter is a roast suckling pig. I must admit that I have never been able to prepare any animal whole. Even trout must have their heads removed before I can contemplate them on a plate. However, given the proper group of people, the proper setting, and a feeling for history, this recipe for **LITTLE BAKED PIG** is a fine one. For those of you who wish to substitute this next Christmas for the usual turkey, here's the right way.

Wash a 3- to 4-week-old pig thoroughly, pouring boiling water over it and into the cavity. Dry it and cut gashes in the

thighs and shoulders. Stuff both the pig and the gashes with the following stuffing: **2 cups soft bread crumbs, 1 tablespoon butter, 1 tablespoon chopped parsley, 1 tablespoon chopped onion, ½ teaspoon salt, ½ teaspoon ground sage, ½ teaspoon ground thyme, and ½ teaspoon ground savory.** Add the juice and grated peel of **1 lemon.** (You may substitute another stuffing, if you wish.)

Place the roast (from now on, I shall stop calling it a pig) on a rack in a roasting pan. Sprinkle it well with **salt, pepper, and flour.** Now place a **small apple** in the mouth of the roast. It will keep the mouth open during the roasting period. Add **½ cup dry white wine** to the bottom of the pan. Bake in a rather hot oven, 375°F. to 400°F., for 2 to 3 hours, basting often. Use a roast thermometer and be sure the point of it is in a meaty party of the roast, not on fat or bone. Roast until the thermometer reads 185°F., which means fully cooked pork. Discard the apple, which has fulfilled its function; eat it if you'd like.

Set the roast on a large platter, keep it warm, and strain the liquid from the pan. Skim off the fat and return it to the roasting pan. Add an equal quantity of **flour** and let the paste brown. Gradually add the liquid; let it boil up. If you need more liquid to keep it from thickening too much, add some more wine. Serve the gravy in a bowl next to the roast. Make a ring of fresh **parsley** around the platter; put a fresh **apple** in the mouth. There you are! Serves 4 to 6.

INGREDIENTS: 3- to 4-week-old pig; salt; pepper; flour; 2 small apples; ½ cup dry white wine; parsley.

For the stuffing: 2 cups soft bread crumbs; 1 tablespoon butter; 1 tablespoon chopped parsley; 1 tablespoon chopped onion; ½ teaspoon salt; ½ teaspoon ground sage; ½ teaspoon ground thyme; ½ teaspoon ground savory; 1 lemon.



Make a pork pie the way you do a chicken pie. Put some rosemary in the crust. A delicious supper for a cold night.



Next time you have a **PORK ROAST**, such as a loin (which

is the chops left together), make a good deep cut in the meat and stuff lots of sherry-soaked prunes into it. Tie it back together, roast as usual. Bake some sweet potatoes in the pan around the roast, basting with the wine in which you soaked the prunes.



The best family way I know to fix pork is to set a **loin roast of pork** on a bed of **thinly sliced potatoes and onions**. Salt and **pepper** them lavishly, tuck some **butter** in and over them, and add just a little water—about enough to see through the stack of potatoes. Then roast the pork at 300°F. to 325°F. just as if there were nothing underneath. Those pork juices will dribble down on the potatoes and mix themselves in. Just about when the roast is done (30 minutes to the pound or check it on your thermometer—your meat thermometer, that is) the potatoes will be too. **A FAMILY LOIN ROAST OF PORK**—a kitchen supper. Have some applesauce on hand.

INGREDIENTS: Loin roast of pork; potatoes, onions; salt; pepper; butter.

There's nothing much better with pork than **SAUTEED TART APPLES**. Peel them right after you pick them (if you're lucky enough to have your own apple tree), slice them very thin, and sauté them in sizzling butter in a heavy iron skillet. Sprinkle them with a little sugar and continue cooking them until the apples are tender and lightly browned at the edges. For **8 medium apples**, use about **¼ cup butter** or a little more, as you need it, and **2 or 3 teaspoons sugar**. Keep the heat under them low; they don't taste as they should if they're scorched.

INGREDIENTS: 8 medium apples; ¼ cup butter; 2 or 3 teaspoons sugar.



A fresh ham is a company dish, have you ever thought of that? Better than turkey, it can be handled as turkey is for Thanksgiving. Stuff it with your best sausage chestnut stuffing—of course, have your butcher bone it first.



Another marvelous dish is **FRESH HAM IN ELSIE'S BARBECUE SAUCE**. The recipe for the sauce is in the *Blueberry Hill Cookbook*. I'll repeat it here. You should keep some on hand at all times; it's a perfect sauce for chicken, as well.

Sauté 1 clove of garlic, chopped fine, and 2 small onions, chopped, in $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter or margarine until lightly browned. Then add, all at once, $\frac{1}{4}$ cup vinegar, 2 tablespoons lemon juice, 2 tablespoons brown sugar, 2 tablespoons soy sauce, $\frac{1}{4}$ teaspoon monosodium glutamate, $\frac{1}{4}$ teaspoon pepper, $\frac{1}{2}$ teaspoon salt, 1 cup catsup, 1 tablespoon Worcestershire sauce, $\frac{1}{2}$ teaspoon dry mustard, and 2 tablespoons cornstarch. Bring it all to a boil, then reduce the heat and let it simmer for 5 minutes. That's all there is to that.

Trim the heavy skin away from your fresh ham and then make slits in the ham here and there. Marinate the ham in the barbecue sauce overnight, turning it occasionally in the marinade. Bake it on a rack, basting with the sauce. Pork, as you know, must be cooked thoroughly—if there's pink in it, get it back to the oven fast. A 12-pound fresh ham, therefore, must take about 6 hours at 300°F., which is 30 minutes for each pound. Think ahead on this one.

INGREDIENTS: 1 clove garlic; 2 small onions; $\frac{1}{4}$ cup butter or margarine; $\frac{1}{4}$ cup vinegar; 2 tablespoons lemon juice; 2 tablespoons brown sugar; 2 tablespoons soy sauce; $\frac{1}{4}$ teaspoon monosodium glutamate; $\frac{1}{4}$ teaspoon pepper; $\frac{1}{2}$ teaspoon salt; 1 cup catsup; 1 tablespoon Worcestershire sauce; $\frac{1}{2}$ teaspoon dry mustard; 2 tablespoons cornstarch; fresh ham.



So many things with which to bake a ham! You know some. The beloved clove stuck into each scored square, brown sugar pressed on, pineapple chunks too, basted with pineapple juice. Another: brown sugar, cloves, and concentrated orange juice smeared over. No basting, just let it drip. Another: Windy Wood Apple Syrup, a lovely pink glaze. Some people baste hams with cider; I have friends who prefer beer for this purpose; there are others, with whom I do

not agree, who swear by milk for the glazing. Well, hams are made for our imaginations. Do them as you dream them.



A lovely luncheon dish that makes good use of some leftover ham slices is **HAM SANDWICHES WITH CHEESE SAUCE**. Combine 1 tablespoon grated Swiss cheese with 1 tablespoon heavy cream for each sandwich. Spread half of this on sliced firm white bread, lay on top of it a thin slice of cooked ham, top with another slice of bread spread with the other half of the cheese. Prepare a sauce by adding to a simple cream sauce (1 tablespoon of melted butter, 1 tablespoon of flour rubbed in to form a paste, 1 cup of light cream stirred in gradually, salt, and pepper) 2 tablespoons grated Swiss cheese. Let the cheese melt; keep the sauce hot. Dip the sandwiches into an egg-milk mixture as for French toast, and sauté them in sizzling butter (you'll need lots) until they are lightly browned on each side. Set your sandwich on a hot plate, top with a slice of ripe tomato, and cover the whole with some of the sauce. Sprinkle a few chopped chives on top. There's enough sauce here for 4.

INGREDIENTS: 6 tablespoons grated Swiss cheese; 4 tablespoons heavy cream; white bread; 4 thin slices cooked ham; 1 tablespoon melted butter; 1 tablespoon flour; 1 cup light cream; salt; pepper; butter; 4 slices ripe tomato; chopped chives.



Some people prepare their hams, brown sugar, cloves, the whole bit, and then cover the whole thing with a blanket of plain dough—flour and water. The fact that they throw the dough away when the ham is finished seems a great waste to me, but they say it keeps the ham moist and they may be right.



When there's a ham to score, just press a small-sized concentrated-juice can (an empty one, of course) into an oval and press these ovals one after another along the fatty top of the

ham. Continue as usual with sugar and cloves. Baste it with the concentrated orange juice.



Another use for leftover ham slices, and probably the best, is the next-morning ham and eggs. Nothing better.

Or you can roll them around wild rice and mushrooms, cover them with a sherry cream sauce, sprinkle them with cheese, and bake them to bubbling brown.

Or lay a slice on a slice of grilled bread, cover with a poached egg, top with a Hollandaise, Béarnaise, or creamy cheese sauce—or best of all, with a mousseline sauce—any one of which you might well have in your refrigerator, left from a former meal (none of them is difficult to make). Serve Princess Grace this one!



HOT HAM CAKES are a short-order special. Add a cup or two of chopped leftover baked ham to your pancake batter and fry the cakes in butter. Serve them with apple butter, if you'd like, instead of maple syrup.



A SAUCE FOR HAM calls for whipping 1 cup heavy cream and adding to it 1 teaspoon dry mustard and a pinch of salt. Go well together.



Bake some **PORK CHOPS, COUNTRY STYLE**. Sear 4 center-cut pork chops, 1 inch thick, in a heavy frying pan. Their own fat starts things going; if you have your pan hot (a black one, an iron one) and rub some of the fat from the chops over it all, that's all you need. As soon as the chops are lightly browned on each side, remove them from the heat and arrange on each one a thick tart apple slice, peeled and cored. Press into the hole in each apple 1 teaspoon light brown sugar and sprinkle a little more sugar over the top of the chop, using about 1 tablespoon light brown sugar in all for each chop. Now spread over the top of the whole pan 1½ to 2 cups commercial sour cream, enough to cover everything. Bake in a slow (300°F.) oven, until the chops are

done and tender. That'll be anywhere from a half hour to an hour, depending on the thickness of the chops. Cut into one to see. Serves 4 unless your family likes 2 chops each.

INGREDIENTS: 4 center-cut pork chops; 4 thick, tart apple slices; 4 tablespoons light brown sugar; 1½ to 2 cups commercial sour cream.

One of the simplest and best recipes for **BAKED PORK CHOPS** that I can think of goes as follows. Brown the pork chops in a hot iron skillet in their own fat (stand them on their sides to start the fat melting). Season them well, both sides, and arrange them in the same skillet, pouring off the extra fat first. Then place on each chop 1 slice of lemon, 1 tablespoon of light brown sugar and 1 tablespoon of chili sauce. Cover and bake slowly at 325°F. for about a half hour, or until they're cooked through. Brown quickly under the broiler if they've lost their color. Serve with the sauce, with plain baked potatoes.

INGREDIENTS: Pork chops; lemon slices; light brown sugar; chili sauce.

PORK STEAKS, cut from the center slice of a fresh ham, should be cut thin and fried quickly in a hot iron frying pan. Before frying the pork steaks sprinkle each side with finely minced sage. The fat on the rim of the steaks will keep the pan moist. When they are done through, lift them out of the pan, add a lump of butter to it, and fry some apple rounds. Pile the apples on the pork steaks; be sure they're done through—both.

INGREDIENTS: Pork steaks; sage; butter; apple rounds.



Sometimes we like boiled ham with cabbage. The cabbage just wilts in the boiling water with the ham the last few minutes and takes on that subtle ham flavor. We also cook new red potatoes in their skins with this. Don't overcook the cabbage or you'll smell like Mrs. Wiggs.



We are lovers of Chinese food, all of us Mastertons. Nothing suits us more than to sauté some leftover pork in a little peanut oil, add some leftover noodles, moisten it all with soy sauce and a bit of bread molasses (called brown sauce, sometimes). Nothing suits us more.



One of the very quick Chinese dishes that uses uncooked pork is called, by those who know it, **BAMBOO SHOT PORK**. As in most Chinese dishes, everything should be laid out and ready, and the cooking should take place before your guests, if this is at all possible. A *wok* is a good utensil to own, if you're apt to do this kind of thing often; it's the authentic Chinese pan, and it makes the whole thing easier. In the absence of the *wok*, use a heavy iron frying pan.

Get a *wok* or a 6- to 8-inch black iron frying pan hot, then pour into it $\frac{1}{4}$ cup peanut oil. Let this heat until it is wavy and add 2 cups sliced bamboo shoots. These come in cans and are rather expensive. You can cut it down to 1 cup and make it up in bean sprouts, if you wish. After 2 minutes remove the shoots from the pan, using a slotted spoon, and set them aside. Now combine 2 tablespoons soy sauce, $\frac{1}{2}$ teaspoon salt, 2 tablespoons sherry, and 1 tablespoon cornstarch (a basic Chinese marinade, used again and again), and, dipping first one side then another, coat 8 thin slices pork (from the leg or the shoulder) with this mixture. Reheat your pan, adding 2 more tablespoons peanut oil, and quickly sauté the pork. It will take 2 or 3 minutes to cook the slices through. Now return the bamboo shoots to the pan with $\frac{1}{4}$ cup water and scrape into the mixture whatever of the marinade in the pan did not stick to the pork slices. Bring it to a boil, let it bubble around for a minute or two, stirring it constantly and lifting the pork to turn it over and over. Serve with hot plain rice. This is enough for 4.

INGREDIENTS: 6 tablespoons peanut oil; 2 cups sliced bamboo shoots (or 1 cup sliced bamboo shoots and 1 cup bean sprouts); 2 tablespoons soy sauce; $\frac{1}{2}$ teaspoon salt; 2 tablespoons sherry; 1 tablespoon cornstarch; 8 thin slices pork.

SALT PORK AND CREAM GRAVY—a Vermont favorite. Parboil 8 slices of salt pork for 10 minutes. You'll need about a pound, sliced thin, with some lean in it. This is the "fat back" sold for this purpose up New England way. Cut little slits along the edges, then dry it in paper towels. Get your black iron frying pan smoking hot, drop in a bit of **pork fat** to start the whole thing, then dip your slices in a **beaten egg**, roll them in **flour**, and fry the slices until they are crisp and brown. Keep the slices warm, and drain from the pan all but 2 tablespoons of the pork fat; sprinkle the fat with **2 tablespoons flour**, stirring to get out the brown juices in the pan, and then gradually add, stirring, **1 cup thick commercial sour cream** and **½ cup heavy sweet cream**. Sprinkle with freshly ground **pepper**. We serve this with baked potatoes, Swiss chard, and stewed apples. Serves 4.

INGREDIENTS: 8 slices (1 pound) salt pork; pork fat; egg; flour; 1 cup thick commercial sour cream; ½ cup heavy sweet cream; pepper.



A simpler way to make the above recipe, and probably more authentically Vermont, is to parboil the pork, dry it, skip the egg and flour treatment and just fry it in its own pork fat until crisp and brown. Move the pork to one side, sprinkle into the pan as much flour as you have fat, stir around, and when smooth and thick, slowly stir in light cream, enough to make a nice thick gravy. Salt and pepper.



I like to think of nice things to do with leftover pastry. One thing is **SAUSAGE IN PASTRY**. Cook little balls of a properly seasoned sausage. (Despite my thing about naming brand names, I must report that I've never found one to compare with the First Prize Sausage, made in Albany, New York). Set each ball on one side of a circle of rolled-out pastry, fold the pastry over in halves, and wet the edges and press them together. Prick the tops here and there. Bake them in a hot (450°F.) oven on a cookie sheet for 6 or 7 minutes or until they are light golden brown. Eat these out of hand. Tiny ones will do for cocktail parties.



Have you heard of **SAUSAGES IN CREAM**? Cook **1 pound little sausage links**, cut into 1-inch pieces. Drain the fat (save it for frying French toast) and set the sausage bits aside while, in the same pan, you sauté **¼ pound fresh mushroom caps** in **2 tablespoons butter**. Don't overdo them; just let them wilt. Return sausages to pan with the caps, add **½ cup dry white wine** to the brown juices in the pan, scraping up all the nice little brown bits. Cook it all together for five minutes. Add **3 tablespoons heavy cream**. Heat. Serve. For 4.

INGREDIENTS: 1 pound little sausage links; ¼ pound fresh mushroom caps; 2 tablespoons butter; ½ cup dry white wine; 3 tablespoons heavy cream.

SOME WORDS ON VEAL



This is my favorite of all meats. Delicate, gentle, simple to prepare (and simple to ruin, too, alas!). The thin scallops that are used for hundreds of scallopini dishes are

lovely to behold as well, one overlapping the other on the plate, a delicate wine sauce ladled slowly over them as they are served. But there are so many ways, some hearty too, to prepare veal. Here in this cookbook, I've taken note of the authentic *Wiener schnitzel*—a delicacy in its own right. In fact, I've creamed veal, I've chopped it, I've Parmigiana'ed it (that's my own word), and always it's divine. If you don't know about veal, read on, then start cooking!

You know what **VEAL PARMIGIANA** is, don't you? Thin slices of veal cutlet dipped in seasoned beaten eggs, then dipped in bread crumbs, and browned in butter. That part everybody knows. Now, right in the same pan, pour over the top of the veal pieces some nice tomato sauce; on top of that a slice of Mozzarella cheese, on top of that a sprinkling of grated Parmesan. Ten minutes in a hot oven will melt the cheese and bubble the sauce. That's Veal Parmigiana.

INGREDIENTS: Thin slices of veal cutlet; eggs; bread crumbs; butter; tomato sauce; Mozzarella cheese; grated Parmesan cheese.

A delicious **BROILED VEAL CUTLET** calls for spreading the following mixture evenly on a **2-pound cutlet**, cut $\frac{1}{2}$ -inch thick; let it stand, turning and spreading with the mixture again, for at least 2 hours (longer than that is fine, too) in **2 tablespoons pure olive oil**, **2 tablespoons minced parsley**, $\frac{1}{4}$ teaspoon salt, and **4 or 5 gratings of black pepper** from a mill. Broil this, preferably on a charcoal grid, and when it is done to your liking (cut into it; it should be still slightly pink—that's to *my* liking) remove it to a warm platter, dress with a mixture of **melted butter** and the juice of **1 orange**—twice as much orange as butter. This will serve 4.

INGREDIENTS: 2-pound cutlet; 2 tablespoons olive oil; 2 tablespoons minced parsley; $\frac{1}{4}$ teaspoon salt; pepper; butter; juice of 1 orange.



Remember, when you're cooking veal, to do so at a moderate rate. It will toughen almost immediately if you use too high temperatures.



A variation on **VEAL PAPRIKA**, and a delicious one, follows. Use **2 pounds veal cutlet**. Have it sliced thin and in serving-sized pieces. **Salt** it and **pepper** it and sauté it in **4 tablespoons sizzling butter** in an iron skillet, for which you have a tight cover. Let it brown lightly on each side, then sprinkle it lavishly with paprika. You'll want about **2 tablespoons imported Hungarian paprika**; anyway, enough so that all the veal is covered. Lift the veal out and set it aside for a few minutes while you lightly fry **4 large onions**, sliced (yes, I said 4—you want loads of these) in the same pan. You'll need more **butter**, perhaps another 2 tablespoons, to do this. Don't let the onions brown; slowly is the way. Give them at least 20 minutes. They shouldn't be hurried; you want them soft and cooked. Return the veal pieces to the pan and lift the onions on top of them, arranging them to cover most of the veal, then add over the top **$1\frac{1}{2}$ cups heavy cream**.

Cover the skillet tightly and allow the veal to simmer slowly on top of the range for 45 minutes. If the veal isn't tender enough then to be cut with a fork, let it simmer for

another 15 minutes. The onions will have disintegrated into the sauce. Taste for salt and pepper. This is fine enough for your best party. Serves 4.

INGREDIENTS: 2 pounds veal cutlet; salt; pepper; 6 tablespoons butter; 2 tablespoons imported Hungarian paprika; 4 large onions; 1½ cups heavy cream.

Sauté a **chopped onion** in **butter** until it's golden; you know about that. Push the onion to a side, add **thin slivers of veal cutlet** (well salted and **peppered**), and lightly brown them. You'll need more **butter**, no doubt. Mix the onions and the veal, now, and add a **few almonds**, slivered too. In less than 10 minutes you have **SLIVERED VEAL WITH ALMONDS**. Serve with the usual sliced lemon sprinkled with parsley.

INGREDIENTS: Chopped onion; butter; thin slivers of veal cutlet; salt; pepper; a few almonds.



So many ways with veal. Always the basic start, the salting, the peppering, the light dash of flour, then the quick sautéing in butter. Go on from there. For instance, sprinkle the veal with cognac, light it, let it flare, and serve it.



Roll up some **slices of veal**, thin as you can get them, spread with some of your **turkey stuffing**. Fasten them, season them, flour them a bit and brown them in **butter**. Pour **turkey gravy** over them if you have some in your freezer, or use **light cream**, enough to come up about ½ inch in your casserole. Bake them, covered, in a 375°F. oven, until the meat is done. Cut into a bit and see. It'll take perhaps 45 minutes. A little **sherry**, at the end? These are called **VEAL ROLLS**.

INGREDIENTS: Veal slices; turkey stuffing; butter, turkey gravy or light cream; sherry.



In the absence of chicken for a chicken salad, use some cold roast veal. Nobody will know if you don't tell them. Chopped walnuts and apples are good additions.



One of my dearest friends took a sixty-day tour through Europe. About thirty days were spent in Austria and Italy; the tourists traveled by bus and stopped at a different hotel in a different town nearly every night. They were served, believe it or not, veal every night for thirty nights running. I don't serve veal to *her* when she comes to dinner.

But it is true that veal is one of the most popular and most sophisticated sort of meat. I find myself ordering it more often than anything else, particularly **VEAL PIQUANTE**, which is found on almost every menu in the many Italian restaurants in New York. It's simply **thin scallops of veal, salted, peppered, lightly floured**, and sautéed always in bubbling **butter**. Two scallops will do for each person. They need to cook only a few minutes a side to be properly done. The juice will have lost its red tone and will be more amber in color. Don't cook past this point. Squeeze **lemon juice** over the scallops, using $\frac{1}{4}$ lemon for every 4 scallops. Add $\frac{1}{2}$ cup **Marsala wine** for the same number of scallops, let it cook up, quickly remove the pan from the heat, and top each scallop with a **thin slice of lemon**, on which you have sprinkled **1 teaspoon chopped parsley**. Serve the scallops right from the pan, being sure that each portion has a nice dressing of the wine sauce.

INGREDIENTS: Veal scallops; salt; pepper; flour; butter; lemon juice; Marsala wine; lemon slices; parsley.

VEAL SCALLOPS IN WINE. Brown some veal, scallopini type or cutlets, in **butter**; pour some **white wine** over it and, when the sizzling dies down, add some **partially cooked carrots** and **tiny white onions** with the juice that comes with them—a steamer such as my much-talked-over Bungalow Cooker saves the juices for you. Let it all simmer together; season it somewhere along the line. Serve this with broad noodles when the sauce is thick and delicious, as it will be in less than a half hour.

INGREDIENTS: Veal scallops or cutlets; butter; white wine; partially cooked carrots; tiny white onions.

WIENER SCHNITZEL, done correctly, is a food of the gods. This recipe came from the old Viennese cook of a good friend of mine. It was served every Tuesday. You will need **1½ pounds of veal steaks** cut $\frac{3}{4}$ inch thick. Trim every bit of the outside and the gristle away, then cut the schnitzel into serving pieces. Pound thoroughly with the side of a cleaver—have your butcher do this; or, if you do it yourself, use a heavy plate. The plate won't do as good a job, of course. The secret of this, says the Viennese lady, is to start with a thick slice of veal and pound it down. Don't have it cut thin; pound it thin.

Have two flat plates ready. In one mix together **1 egg** and **2 tablespoons water**. In the other place some **fine bread crumbs**. Salt and pepper your veal slices, dip them first into the egg mixture, then into the bread crumbs. Have 1 inch of fat piping hot—I suggest **chicken fat**, if you have some, otherwise **butter** or **margarine**. Sauté the slices to golden brown on both sides. Remove the veal to a heavy pan (don't add any of the fat) and place it in a very, very low oven, 275°F., for about $\frac{1}{2}$ hour. Serve with **lemon wedges**, lots of drained **capers**, and, if you'd like, **a few strips of anchovy**.

As you know, Wiener schnitzel was sometimes served with a fried egg. (This changed its name to Schnitzel à la Holstein.) However, the owner of this recipe tells me that, in her home, there were always scalloped potatoes with onion (see page 89) and German spinach (see page 113). A traditional meal and a delicious one. Serves 4.

INGREDIENTS: 1½ pounds veal steaks; 1 egg; bread crumbs; salt; pepper; chicken fat, butter, or margarine; lemon wedges; capers; anchovy strips (optional).



Wiener schnitzel, the recipe given above, is fine picnic fare. Serve trimmed slices on toasted hamburger rolls. If you're cooking at the picnic, fix the schnitzel on the spot; provide a hot chili sauce to go with it. If you're carrying your picnic with you, prepare the schnitzel rolls at home and wrap them tightly in foil. They're ready when you are.



Serve this **VEAL AND CHESTNUTS SUPREME** at your next party, do! It's kept safely in a chafing dish or on a Hotray or Hotable, and can be made in its entirety the day before you need it—a friendly thought. It freezes beautifully too, except for the chestnuts, which can be added at the very last. These can be prepared in the morning as I've suggested on page 41. I have just heard about some dried chestnuts which you can buy and reconstitute by soaking in water. A fine idea, that, except that I like to peel my own chestnuts. It gives me a sense of accomplishment.

Here's the way you do this. For 6 people, you'll want **12 veal scallops**. Try to get the true veal scallops from your butcher; these are pieces of veal which are cut across the grain from a part of the veal that has no muscle problems. If you can't get these, ask him to cut some nice veal cutlets into serving pieces, about $\frac{1}{2}$ inch thick, and then pound them to $\frac{1}{4}$ inch thick for you. Rub the veal pieces with a cut **clove of garlic**, then sprinkle them with $\frac{1}{2}$ **teaspoon salt**; grate some **fresh black pepper** over them and sprinkle them lightly with **flour**, using no more than **1 tablespoon flour** in all. Heat a large black iron frying pan very hot. Sizzle **3 or 4 tablespoons butter** in the pan until it's light brown, then quickly sauté the veal, letting it brown on both sides. Immediately reduce the heat, as the veal will toughen if heat is too high.

Add $\frac{1}{2}$ **pound sliced white fresh mushrooms**, the tips of the stems removed and the mushrooms cut through lengthwise, and let them brown lightly in the same pan. You can either pile up the veal pieces on one side of the pan or set them aside. You're going to put them right back, though, and it really isn't necessary to take them out of the pan if you'll keep them on the side, away from the heat.

When the mushrooms have started to wilt and brown a bit, move them over with the veal and pour $\frac{3}{4}$ **cup port wine** into the pan. Let this simmer a few minutes. Then, turning the heat down very low, add $\frac{3}{4}$ **cup heavy cream**, combine it with the wine, and return the veal and mushrooms to the center of the pan, distributing them and allowing the sauce to simmer around the meat for 2 minutes. The flour on the

veal should have thickened the sauce sufficiently so that it has a medium consistency. Don't look for heaviness in sauces of this sort—they should be no thicker than a heavy cream.

Add $\frac{1}{2}$ **pound cooked chestnuts**, prepared as directed on page 41, fold everything together, and serve with vermicelli sprinkled with pignolia nuts, topped with a bit of butter. Serves 6.

Enjoy yourself; you'll be basking in praise.

INGREDIENTS: 12 veal scallops; clove of garlic; $\frac{1}{2}$ teaspoon salt; pepper; flour; 3 or 4 tablespoons butter; $\frac{1}{2}$ pound white fresh mushrooms; $\frac{3}{4}$ cup port wine; $\frac{3}{4}$ cup heavy cream; $\frac{1}{2}$ pound chestnuts; vermicelli; pignolia nuts.



VEAL IN ASPIC. Boil up a **knuckle of veal** one cold day. Season the stock properly, add an **onion**, and cook it slowly until the meat clinging to the knuckle is tender. Break up the meat and cut it into tiny bits (or grind it, but it's nicer cut up), mix it with some chopped **parsley** and some chopped **black olives**. Return the knuckle without the meat to the stock, and continue cooking the stock until it's reduced to half its quantity at the time you removed the veal. Strain it and taste it to be sure it's properly seasoned with **salt** and **pepper** and then dribble it over the veal combination in a salad mold. You shouldn't have too much liquid; really just enough to moisten the veal. If you're short of solid content, add a **hard-cooked egg**, sliced and laid around the edges of the mold. There will be enough natural gelatine in the stock to set it after a few hours in the refrigerator and you'll have a chef's creation all your own. A bit of **wine** added to the liquid at the last makes it even better.

INGREDIENTS: Knuckle of veal; onion; parsley; black olives; salt; pepper; hard-cooked egg (optional); wine (optional).



A lovely touch to a veal stew is a few cloves stuck at random into one or two of the onions that are simmering away in it.





The Danes use veal a lot this way—**DANISH VEAL CAKES**. Grind 1 large onion, 1 tablespoon parsley, and 2 large potatoes and add them to 2 pounds ground lean veal. If you have a meat grinder of your own at home, it's better to grind them together, once or twice. I have a nice little electric grinder which is a vast improvement over the hand job. Mix the ground meat with $\frac{1}{2}$ cup commercial sour cream, $\frac{1}{2}$ teaspoon dill weed, 1 clove of garlic pressed through a garlic press (or you may use $\frac{1}{2}$ teaspoon garlic powder), 1 teaspoon salt, $\frac{1}{4}$ teaspoon pepper. Shape the mixture into cakes the size of hamburgers. You should have 6 to 8, depending on size.

Sauté the cakes in 2 tablespoons butter or margarine in a heated black iron frying pan until the cakes are lightly browned on both sides. Then add $\frac{1}{2}$ cup chicken stock and simmer until the cakes are cooked through, a matter of 20 minutes or so. Add a little more chicken stock if the original amount cooks away before the veal cakes are done. You should have just a small amount left as juice at the end. Remove the veal cakes to a hot platter and keep them warm. To the juices in the pan, add 1 cup commercial sour cream. Stir and cook until the cream is just combined with the juice. If you'd prefer, you can add sweet cream instead of the sour cream, in which case you should add about $\frac{1}{2}$ teaspoon lemon juice at the end. Taste for salt and pepper and, if it's sour cream you used, add $\frac{1}{2}$ teaspoon sugar, the juices accumulated on the platter, and $\frac{1}{2}$ teaspoon dill weed. Pour over the cakes and serve. Serves 6 to 8.

INGREDIENTS: 1 large onion; 1 tablespoon parsley; 2 large potatoes; 2 pounds ground lean veal; $\frac{1}{2}$ cup commercial sour cream; $\frac{1}{2}$ teaspoon dill weed; 1 clove garlic or $\frac{1}{2}$ teaspoon garlic powder; 1 teaspoon salt; $\frac{1}{4}$ teaspoon pepper; 2 tablespoons butter or margarine; $\frac{1}{2}$ cup chicken stock; 1 cup commercial sour cream, $\frac{1}{2}$ teaspoon sugar, and $\frac{1}{2}$ teaspoon dill weed, or 1 cup sweet cream and $\frac{1}{2}$ teaspoon lemon juice; salt; pepper.

SWEETBREADS are veal, too, you know. Properly prepared, they are a gourmet's dish. For years I was intimidated by all the directions as to blanching and fixing up beforehand, until one day when I was having dinner with a dear friend, born and bred in the country, I was told that she had eaten sweetbreads when they were presented to her mother by the butcher as unwanted goods—and that was some fifty years ago—and that her mother never did any of the usual things to them. All she did was soak them in ice water for an hour, cut away the membranes, and cook them. We had them that night, and a more delicious dinner I have never eaten.

I watched while Freda lifted the **sweetbreads** from the ice water, deftly trimmed away the membranes with a sharp knife, salted and **peppered** them and then rolled them in coarsely ground **cracker crumbs**. These were not the bought crumbs, but some that Freda fixed by rolling some Saltines between two pieces of waxed paper. She used lots of **butter**, got it hot, then fried the sweetbreads in this, turning them once or twice until they were done through. She cut into one and looked. It took about 10 minutes. She squeezed a **lemon** over them, and we ate hearty.

INGREDIENTS: Sweetbreads; salt; pepper; cracker crumbs; butter.



An interesting thing to do is to arrange leftover sautéed veal in a casserole and bake a soufflé right on top of it. Just pour the mixture on top and bake it. A few sliced onions on top of the veal pieces, sautéed too, are a good thought here.



A little veal ground into your hamburger for your next meat loaf, along with an equal quantity of pork, makes sure you have that extra flavor.



Veal squares are worthy substitutes for lamb squares in any shish-kebab recipe. Marinate them the same way.



POTATOES, WHITE AND SWEET



Potatoes are not my favorite food, but they seem to be most other people's so I've conscientiously collected, tested, and served all the wonderful potato recipes I could come upon, hear about, and make up. Here they are.



A very popular cocktail snack unbelievably calls for boiling in water to cover the tiniest new potatoes you can find. For each **pound of potatoes**, scrubbed clean but not peeled, add to the water **1 heaping tablespoon salt**, **1 heaping tablespoon sugar**, and **1 peeled clove of garlic**. Boil them until they're tender, drain them, cool them and serve them, hot or cold.



Another cocktail snack that is a conversation-maker. Bake yourself some Idaho potatoes. Scoop out the insides and use them tomorrow for something. Cut the peels into $\frac{1}{2}$ -inch-wide strips with a kitchen shears. Smear them well with butter, sprinkle with salt, and bake them in a 425°F. oven until they're nicely browned. End of recipe.



Try peeling some Idaho baking potatoes, cutting them in squares and sautéing them slowly in a preheated black iron

frying pan in lots of butter. Keep turning them, but not too often, to let them brown lightly. Season them, of course.



You've heard me talk about court bouillon. (I've told you how to prepare this in the seafood chapter, page 18.) Next time, save some and boil whole, peeled potatoes in this rich, flavor-filled liquid. Serve the potatoes as an aside to your fish. Sprinkle them with pepper; they're marvelous things.



For a boiled potato, there's nothing like a bit of butter and a bit of dried dill or dill weed.



In trouble with unexpected company, go for those small canned potatoes. They're deadily dull all by themselves as they come from the can, but heat a frying pan, add butter, let it sizzle, add the drained potatoes, toss them around. Sprinkle them with soy sauce, a little dill weed, some freshly ground pepper. Serve them hot. You'll be surprised.



Butter and bacon bits, added to your plain potatoes, make them fancy.



You can mix up **2 cups mashed potatoes** and **2 tablespoons minced onion** with an **egg yolk**, you know, sprinkle it with **salt** and **pepper**, shape it into balls, roll it in the **egg white** you have left, then in some **bread crumbs** and bake them on a cookie sheet. You'll want a hot (450°F.) oven, and it'll take 8 or 10 minutes. They're called **CRUSTY POTATO BALLS**, which is what they are. Serves 4.

INGREDIENTS: 2 cups mashed potatoes; 2 tablespoons minced onion; 1 egg; salt; pepper; bread crumbs.

Another thing—**SHERRIED POTATO CAKES**. Add **2 tablespoons heavy cream**, **1 tablespoon sherry**, **3 well-beaten eggs** and **1/3 cup flour** to **1 1/2 cups mashed potatoes**. Beat them all together with vigor until they're smooth. *Start* with smooth

mashed potatoes and you'll have it made. You can either fry these in deep peanut oil, as directed for the julienne potatoes below, or sauté them in butter in a hot pan in the shape of griddle cakes. They'll puff up if you do the former. Serves 4.

INGREDIENTS: 2 tablespoons heavy cream; 1 tablespoon sherry; 3 eggs; $\frac{1}{3}$ cup flour; $1\frac{1}{2}$ cups mashed potatoes.



You fry German-fried potatoes raw; you boil them first and slice them if you want to call them cottage-fried; and, if you prefer the name Lyonnaise, dice them instead of slicing them. Next question.



My father used to fry an onion in butter till it was golden, then toss potatoes in this onion-butter mixture. We all loved them. Papa's potatoes.



You can, of course, buy **JULIENNE POTATOES**. They're fairly good, too, in cans and in boxes, as well as in cellophane bags, but they will never taste like julienne potatoes you do yourself. This is something you can do in sight of your guests some night when another person is in charge of the hamburgers. It all goes very quickly.

The most time-consuming part of this is the preparation of the potatoes themselves. Peel and slice in matchstick-length slices **6 large old potatoes** (not baking potatoes and not new potatoes). There are gadgets, I believe, that will do this for you, but in the absence of one of these, just cut thin slices and get to work cutting the slices into matchstick lengths. Do this in the morning and leave the potatoes in a bowl of cold water in the refrigerator.

When ready to serve them, heat at least **1 quart peanut oil** in a heavy French-frying kettle or any deep, very heavy kettle. You need enough oil to give you a depth of about 4 inches. The peanut oil may be reused, so this is not as extravagant as it may appear. Get the oil hot. Well ahead of time, remove the potato sticks from the cold water and dry them on a series of paper or linen towels. Slide them gently into the fat, a

handful at a time, let them brown and remove them with a slotted spoon. Usually, when they are brown, they will be crisp, and when they are crisp, they will be done. Lay them out on a platter, on heavy brown paper or paper towels, sprinkle them well with **salt** and **pepper**, and serve them as they come.

If you want to do them ahead of time, do so, and keep them warm on a Hotray or Hotable until you need them; they won't be as crisp. You may use an electric deep-fat fryer or electric frying pan, if it's deep enough; I get better results the old-fashioned way. Serves 6.

INGREDIENTS: 6 large old potatoes; 1 quart peanut oil; salt; pepper.



Did you know that you start *old* potatoes cooking in cold water, *new* potatoes in boiling water. That's interesting, isn't it? I steam mine.



Bring some of that **strong chicken broth** you have in your freezer to a boil—enough to cover **12 small new potatoes**. When the broth is boiling, add the potatoes and simmer them gently, adding **2 tablespoons butter** and **2 peppercorns**. If the broth is not salty, add **1 teaspoon salt**, to provide for the potatoes. When the potatoes are done, remove them with a slotted spoon and let the broth and butter cook down until it is reduced to a very small amount, perhaps 2 tablespoons. Add **2 tablespoons chopped parsley** and the potatoes, toss them around, and serve. These are true **PARSLEY POTATOES**. Serves 4.

INGREDIENTS: Strong chicken broth; 12 small new potatoes; 2 tablespoons butter; 2 peppercorns; 1 teaspoon salt (if needed); 2 tablespoons chopped parsley.



The best way to dry potatoes after cooking is to dump them into a clean linen towel or napkin, press the moisture out gently and return them to the dry pot. Add butter, now.



This is called **POTATOES A LA RILEY**, and you do them this way when you have some salt pork on hand. You need a slice of **salt pork**, 2 x 1 x ½ inches. Cut it into small cubes and fry it slowly until the cubes are crisp. Should you be interested in irrelevant titles, this is called "trying out" fat. Lift the pork bits out of the fat with a slotted spoon; set them aside.

Dice **5 or 6 medium potatoes** to make **4 cups diced potatoes** (measure them as you peel and dice them—then you won't have 2 or 3 unneeded peeled potatoes around). Into **1 small onion**, chopped, and **½ teaspoon salt**, sprinkled generously with grated black **pepper**, break up **¼ pound sharp Cheddar cheese**. Arrange the potatoes in a baking dish; sprinkle over them the onion-and-cheese mixture and pour over the top all the salt pork fat you have left after trying out the pork. Add **1 cup heavy cream**, cover tightly, and bake for 1 hour in a slow (325°F.) oven. When the potatoes are done, as they should be at about this time, remove the cover, add the pork bits, return the potatoes to the oven and brown them quickly at 425°F. (or slide them under the broiler to brown). As you have probably guessed, this is an old-timers' recipe. Serves 6.

INGREDIENTS: Salt pork; 5 or 6 medium potatoes; 1 small chopped onion; ½ teaspoon salt; pepper; ¼ pound sharp Cheddar cheese; 1 cup heavy cream.



Then there are **POTATOES WITH CAPER BUTTER**. Heat **¼ cup** (½ stick) **butter** in a saucepan until it is golden. Remove it from the heat then, add **2 teaspoons white vinegar** and **2 tablespoons capers**. Pour them over **tiny new unpeeled steamed potatoes**. Heat and serve. This will be enough sauce for potatoes for 4.

INGREDIENTS: ¼ cup butter; 2 teaspoons white vinegar; 2 tablespoons capers; tiny new steamed potatoes.

Fix up some creamy, lumpless, properly seasoned **mashed potatoes**. Place them in a smooth mound on a pie plate, cover

them with a mixture of **whipped cream** to which you have added an equal quantity of **grated sharp Cheddar cheese** (for instance, $\frac{1}{4}$ cup cheese to $\frac{1}{4}$ cup heavy cream), seasoned with **salt and pepper**. Place the whole thing in a hot (400°F.) oven. The cheese will melt, the whole thing will brown nicely, and you should then remove it and serve it. This is what is known as **POTATOES CHANTILLY**. It's also known as a dandy way to use up leftover mashed potatoes. Get them hot before you add the cream, in that case.

INGREDIENTS: Mashed potatoes; whipped cream; grated sharp Cheddar cheese; salt; pepper.

A nice thing with leftover boiled potatoes, not mashed: Cut them up and mix them with **salt and pepper** and a little **nutmeg** (sort of a pinch) and about $\frac{1}{2}$ cup heavy cream for each **3 cups of cut-up potatoes**. Butter some individual ramekins, pile the potatoes in them and bake in a hot (450°F.) oven, until lightly browned. Three cups of potatoes will do you four of these. Call them **CREAMY POTATO CUBES**.

INGREDIENTS: Salt; pepper; nutmeg; $\frac{1}{2}$ cup heavy cream; 3 cups cut-up boiled potatoes.



The best **POTATO PANCAKES** are made of raw potatoes that are grated, drained, salted and peppered, and fried in chicken fat. You drain them, again, as you lift spoonfuls from bowl to frying pan with a slotted spoon. Have the fat sizzling. None of those flour combinations for me.



SCALLOPED POTATOES WITH ONION are the proper accompaniment to Wiener schnitzel. It goes like this. One layer of **potato**, one layer of **onion**, sliced very thin, each layer dotted with **butter** and sprinkled with a little **flour**. End with potato. Milk should now be poured over it all just to the viewing point. Bake the scallop for $1\frac{1}{2}$ hours in a 350°F. oven. Fill a 1-quart casserole for 6.

INGREDIENTS: Potatoes; onions; butter; flour; milk.



QUICK SCALLOPED POTATOES call for boiling everything first (same ingredients as above) until the potatoes are done. Ten minutes instead of 1½ hours. Then turn the scallop into a baking dish and brown quickly in a hot (425°F.) oven.



Next time you have a roast of beef or a pot roast, try a **POTATO PUDDING**. Sauté 1 medium onion, chopped, in 2 tablespoons butter. Grate 6 medium-sized raw potatoes on a coarse grater, add 3 beaten eggs, ½ teaspoon salt, and a few grinds of pepper; mix everything together. Grease a 1-quart baking dish with lots of butter; add the potato mixture and bake at 325°F. for 1½ hours or until the top is brown and the potatoes are done through when you test them.

INGREDIENTS: 1 medium onion; 2 tablespoons butter; 6 medium potatoes; 3 eggs; ½ teaspoon salt; pepper.



A good combination on a picnic night is a can of potato sticks and a can of Chinese noodles. Better than each to its own.



Did you know that yams are really another variety of sweet potato? They're much more moist, sweeter, an orange shade rather than the pale yellow of the true sweet potato. But, despite argument to the contrary, a yam is a sweet potato.



The way they go about yams in the South is interesting. This is called **CAROLINA YAMS**. First slice, very, very thinly, 4 large yams, peeled. Then slice also very thinly, 4 California navel oranges, peeled, with the white membrane removed. Grate and save the peel of 1 orange. Arrange the slices of yams and oranges in alternate layers in a proper baking dish, dotting each layer as you go with part of ¼ cup butter, creamed with 1 cup light brown sugar. Divide this creamed mixture as you go. When the baking dish is filled, pour over it the reserved grated orange rind and 1 cup unsweetened pineapple juice, or more if you need it to fill the dish. The

juice should just be visible through the layers; don't let it cover the potatoes.

Cover the casserole and bake in a slow (325°F.) oven for 1 hour. Then uncover and bake for another hour. The yams will be tender and the juice will be thickened. A delicious accompaniment to ham or roast goose. Serves 6 to 8.

INGREDIENTS: 4 large yams; 4 California navel oranges; $\frac{1}{4}$ cup butter; 1 cup light brown sugar; 1 cup unsweetened pineapple juice.

SOME STARCHES I LIKE



My choice, always, or nearly always, for the starch in a meal seems to lean to noodles, barley, rice, spaghetti, rather than potatoes. I don't think the calorie content is particularly favorable, one over the other, I just seem to feel more comfortable after such a meal than I do after having consumed a baked potato. There is so much that is interesting that can be done with these farinaceous foods, too—and anything that is good enough or unusual enough to get my guests talking has my vote. Try Noodles Antoine, Noodles Alsacienne; serve something creamed in a wild rice ring; offer fettucini as a main course for a late supper, a crisp salad on the side. All of these are special, as are, I think, every recipe in this chapter. Wouldn't have kept them in my notebook if they weren't.

You've heard of Alfredo II, who is famous in Italy for his fettucini? He tosses the noodles just so, and presents them to you (I am told) as the final triumph. Well, why not try it yourself? **FETTUCINI ALFREDO**—the simplest sort of recipe.

In lots of salted water, boil **1 package** (8 ounces) **medium-broad noodles** just to the *al dente* stage, about 5 to 6 minutes. Test them by biting into one; drain. Now the rest is done

before your guests' eyes. Use a broad platter with rather high sides—you know, some are deeper than others. Heat the platter first, then set on it $\frac{1}{4}$ **pound** (1 stick) **sweet butter**. This is a must, the butter needs to be sweet, so look for it and use that kind. Dump the hot noodles out on top of the butter, then start tossing with a fork and spoon. Turn them and toss them until they glisten with the melted butter, every part of them. Now sprinkle over them $\frac{1}{2}$ **cup** **freshly grated imported Parmesan cheese**. Please note every word of that last direction; it's the secret of the noodles. Get a block of Parmesan cheese in any fine Italian grocery store and grate it as you need it. When the cheese is melted and thoroughly combined, the fettucini is ready to eat. A salad is a necessity. *And* a glass of Chianti. Serves 4.

INGREDIENTS: 1 package (8 ounces) medium-broad noodles; $\frac{1}{4}$ pound sweet butter; $\frac{1}{2}$ cup freshly grated imported Parmesan cheese.

A very lovely way with noodles is called **NOODLES AL-SACIENNE**. Easy thing to do. Cook 1 **package** (8 ounces) **broad noodles**; I said cook them, don't overcook them. Arrange them in layers in a buttered casserole with **grated Cheddar cheese**, the hard, unprocessed sort, in the alternate layers. **Salt** and **pepper** as you go, using your pepper mill. Now sizzle some **sweet butter** and fry 1 **cup of uncooked fine noodles** until they are crisp, a 2-minute job, and sprinkle them on top of the others. Bake just until everything is hot and bubbly, about 10 minutes in a 375°F. oven. Serves 6.

INGREDIENTS: 1 package (8 ounces) broad noodles; grated Cheddar cheese; salt; pepper; sweet butter; 1 cup uncooked fine noodles.



You know, don't you, that spaghetti and/or noodles won't boil over if you will rub the top inside edge of the cooking vessel with a little butter or margarine. A lump of the same tossed into the cooking water accomplishes this purpose, too.

Another lovely noodle dish is this **NOODLES BAKED WITH HAM AND CHEESE**. A good lunch by itself with a salad, it calls for, again, **1 package** (8 ounces) **broad noodles**, cooked just done. In a heavy iron frying pan, place **2 tablespoons butter**, let it melt; add lots of thin-sliced **boiled or baked ham** that you have cut into strips the same size as the noodles (about half as much ham as noodles). Let the ham frizzle for a minute, then add the noodles, and heat the whole thing till it's steaming hot. At the last add **½ cup grated or chopped Swiss Gruyère cheese** and keep shaking the pan around until the cheese melts. Serve. Try this one! Serves 6.

INGREDIENTS: 8 ounces broad noodles; 2 tablespoons butter; 4 ounces boiled or baked ham; ½ cup grated or chopped Swiss Gruyère cheese.

Mary Peace Lawrence, in her lifetime, was a golden lady who lived to make those she loved content. She sent me this recipe which worked to that end. **NOODLES ANTON:** In a mixing bowl, mix all together **1 cup cottage cheese**; **1 cup** (½ pint) **commercial sour cream**; **2 cloves garlic**, minced; **2 medium onions**, peeled and chopped fine; **1 tablespoon Worcestershire sauce**, a **dash of Tabasco sauce**, and **¼ teaspoon salt**. Mix with **1 package** (8 ounces) **medium noodles**, cooked to just done (not overdone!) and drained. Place in a greased casserole (butter should be used here) that can come to the table, dot with butter here and there, and sprinkle with a bit of **Parmesan cheese**. Bake in a moderate (375°F.) oven for about 45 minutes or until hot and bubbly. Serve hot with bowls of **grated Parmesan cheese** and **cold commercial sour cream** to put on top. Lots of sour cream, about 1 pint, will be wanted, so provide it. This will serve 6.

INGREDIENTS: 1 cup cottage cheese; 3 cups commercial sour cream; 2 cloves garlic; 2 medium onions; 1 tablespoon Worcestershire sauce; dash of Tabasco sauce; ¼ teaspoonful salt; 1 package (8 ounces) medium noodles; butter; Parmesan cheese.



I've talked about spaghetti a lot in my other cookbooks, but there are a few things that bear repeating. Spaghetti, to be good, must be cooked *al dente*, so you can feel it when you bite it, so your "dente" know there's something there. You must always use lots more water than you think; the bigger the pot, the better. Add the spaghetti a little at a time; then it won't stick together. Stir it occasionally. DO NOT USE A LID. Drain it right away, when you feel it is done. Rinse it with cold water. Return it to the pot, which has been drying out while you've been rinsing the spaghetti, and shake it around with a lump of butter over the heat for a minute. That's what I have to say about spaghetti.



Writing that last makes me think of the bulletin board in our kitchen. We put up our youngster's works of art, drawings, paintings, and recently we put up one of Laurey's school papers, we all loved it so. It went this way:

WHAT IS AN INDIAN?

*An Indian is a red man. Some Indians don't know
other languages so they use sign languages.*

*They go out fishing and take the fish to the fishery
in Boston.*

*There are Indians from hot lands and cold lands.
That's what I have to say about Indians.*

By Laurey

So you see, Laurey and I, we think alike.



Going back to spaghetti, you know I've always said that the right way is to add a little at a time to your boiling water, thus avoiding the sticking problem. Have you ever had a bunch of spaghetti ends bound together as with paste? That's what I like to avoid. An Italian lady of my acquaintance contradicts me, vehemently. She says you should add the spaghetti all at one time to keep the texture even. (It doesn't take me *that* long to get it all in the pot.) She also says, if enough water has been used in boiling the spaghetti you can drain it and serve it without rinsing it. (I guess she uses a

ten-gallon pot for a pound of spaghetti, but it's worth a try.) She does warn that you should be sure the spaghetti is dry, so the sauce won't be diluted. On that we agree.



I've told you what I know about cooking spaghetti. I won't do that, again. But this **GREEN SAUCE** for spaghetti is a switch and a delight. It's mixed in a bowl, not cooked—that's another delight. You do need to think ahead and have $\frac{1}{2}$ stick of butter and a small package of cream cheese out ahead of time, so that they are soft when you start. Otherwise, here it is.

Place in a bowl, all together (ah! wonderful directive!) $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) **butter** (you can use margarine here, if you'd like); **2 tablespoons dried sweet basil** (there is basil and there is sweet basil; Durkee's, for one, has the sweet basil; it's different); **2 tablespoons chopped fresh parsley** (again, please use fresh parsley; this is one herb that dries to its disadvantage); **1 small (3-ounce) package soft cream cheese**; $\frac{1}{4}$ cup **grated Parmesan cheese** (I've told you before about Parmesan cheese. If you want it at its best, you'll buy a block of it at an Italian grocery store and grate it as you need it); $\frac{1}{4}$ cup **pure olive oil**; **1 clove garlic**, minced fine; $\frac{1}{2}$ **teaspoon pepper**; and $\frac{1}{4}$ **teaspoon salt**. Pour over the whole thing and stir well $\frac{3}{4}$ cup **boiling water**. Place your cooked spaghetti (not overcooked; cooked!) on a deep platter and toss some of the sauce with it. This will take care of spaghetti for 6 people. Sprinkle the top with some more **Parmesan cheese** and pass any extra sauce for those who want it. You can, if you wish, provide each person with a plate of plain spaghetti and let him ladle his own sauce over it. For 6, I said. Better make twice as much.

INGREDIENTS: $\frac{1}{4}$ cup butter or margarine; 2 tablespoons dried sweet basil; 2 tablespoons chopped fresh parsley; 1 small (3-ounce) package soft cream cheese; $\frac{1}{4}$ cup grated Parmesan cheese; $\frac{1}{4}$ cup pure olive oil; 1 clove garlic; $\frac{1}{2}$ teaspoon pepper; $\frac{1}{4}$ teaspoon salt; $\frac{3}{4}$ cup boiling water; Parmesan cheese.

Try a **RING OF WILD RICE** for a truly elegant lunch. Cook **1 cup of wild rice**—which will give you 3 cups of the cooked variety—season it with **salt and pepper**, and toss it around in **2 tablespoons butter**. Squeeze the **juice of $\frac{1}{4}$ lemon** over it. Pack it into a greased ring mold—butter for the greasing here—and bake for 10 minutes in a pan of hot water at 350°F. Unmold on a warm, round platter. Fill the center with something nice. Creamed turkey? Mushrooms? What you will. Tuck **watercress** around the edges, and **black olives**. Elegant, I said. Serves 4.

INGREDIENTS: 1 cup uncooked wild rice; salt; pepper; 2 tablespoons butter; juice of $\frac{1}{4}$ lemon; filling for center of ring; watercress; black olives.



When I was ten years old I went to a summer camp. My only memory of it was the cold mountain mornings and the steaming boiled rice served to us in bowls. We sprinkled it with cinnamon and sugar, added light cream, and were divinely content.



Then there's **RICE PIGNOLIA**. Prepare **2 cups Uncle Ben's rice** as directed on the box. That is to say, using a very heavy pot with cover, bring **$4\frac{1}{2}$ cups water** with **2 teaspoons salt** to a boil, stir in **2 cups Uncle Ben's rice**, add **2 teaspoons lemon juice**, cover tightly, and simmer until the water is evaporated and the rice is dry and fluffy. Fluff it up, the way I have suggested below. Sauté **$\frac{1}{2}$ cup pignolia nuts** (which are also known as pine nuts; they are available in supermarkets in cellophane or plastic bags) and **$\frac{1}{2}$ cup white raisins** in **2 tablespoons butter** for 5 minutes. They just need heating through and plumping up, respectively. Pour the butter, with the pine nuts and the raisins, into the fluffy cooked rice at the last moment. Toss them about. Serves 6.

INGREDIENTS: $4\frac{1}{2}$ cups water; 2 teaspoons salt; 2 cups rice; 2 teaspoons lemon juice; $\frac{1}{2}$ cup pignolia nuts; $\frac{1}{2}$ cup white raisins; 2 tablespoons butter.

There's an omelet called a **RICE OMELET**, too, did you know that? This time, all you need is $\frac{1}{3}$ cup of cooked rice. Separate **4 eggs**. Add $\frac{1}{4}$ cup light cream to the yolks, beat them with a wire whisk, add $\frac{1}{2}$ teaspoon salt, $\frac{1}{8}$ teaspoon **freshly ground pepper** (or four or five twists of the pepper mill—same thing), and your $\frac{1}{3}$ cup **leftover cold boiled rice**. Beat the egg whites until they are stiff, but still glistening, and fold them into the egg-yolk mixture. I hope you have an omelet pan that you never, never wash. Get it hot, add **1 teaspoon butter**, let the butter sizzle and then add your mixture. Turn the heat down low and let the bottom of the omelet get lightly browned. Then transfer the omelet to a low (325°F.) oven, leaving it there until it is cooked on top, too. You can fill this with something like **beach plum jelly** or **guava jelly** before you fold it over. Serve it right away. Serves 4 lightly or 2 very hungry ones.

INGREDIENTS: 4 eggs; $\frac{1}{4}$ cup light cream; $\frac{1}{2}$ teaspoon salt; $\frac{1}{8}$ teaspoon pepper; $\frac{1}{3}$ cup leftover cold boiled rice; 1 teaspoon butter; beach plum jelly or guava jelly.

With your shish kebab next time, cook your rice in chicken broth and make a **SAVORY PILAF**. When the rice is done, the broth evaporated, toss with lots of **butter** and sprinkle over the top a mixture of **chopped fresh parsley**, **chopped green onion tops or chives**, and **chopped fresh dill**. These all need to be fresh. You'll eat more rice than shish kebab.



To make truly **FLUFFY BOILED RICE**, cook rice the way it tells you to on the Uncle Ben's box, adding 1 teaspoon of lemon juice to the water for each cup of rice. When the water has cooked away, lift the lid and start tossing the rice. Using a fork and a light touch, toss the top layer around; wait 4 or 5 minutes, then go a little deeper, toss that around; do the same in 5 more minutes, which should take care of the whole thing. By tossing layer by layer, the rice dries out beautifully, each grain separate. If you leave it as it is, the top will be dry, but the bottom frequently is sticky.



Barley is a perfect substitute for rice, potatoes, noodles. The texture is, in fact, something like wild rice. Try this **FRIED BARLEY**: Get an iron frying pan hot, sauté $\frac{1}{4}$ cup cut-up onion in $\frac{1}{3}$ cup butter. When the onion is light gold in hue, add $3\frac{1}{2}$ cups cooked quick barley (it tells you on the box how to cook it; 1 cup uncooked gives you $3\frac{1}{2}$ cups cooked barley), $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Fry it for 7 minutes, turning it over on occasion. This will serve 6.

INGREDIENTS: $\frac{1}{4}$ cup cut-up onion; $\frac{1}{3}$ cup butter; $3\frac{1}{2}$ cups cooked quick barley (1 cup uncooked); $\frac{1}{2}$ teaspoon salt; $\frac{1}{4}$ teaspoon pepper.

I am known to keep things like half a cup of cold cooked rice in my refrigerator. Why? Well, for **RICE GRIDDLECAKES**, for one reason. Combine with a fork 3 cups pre-sifted flour (comes sifted, these days), 4 teaspoons baking powder (that's a tablespoon and a teaspoon), $\frac{3}{4}$ teaspoon salt, and $\frac{1}{2}$ cup sugar. Combine 2 cups milk and 2 beaten eggs with your $\frac{1}{2}$ cup cold cooked rice (if you have a little over $\frac{1}{2}$ cup, use it) and $\frac{1}{4}$ cup melted butter or margarine. Mix them all up, get your griddle hot, bake your cakes. Serve them with the best preserve you have; we are partial to blueberry, of course; or maple syrup. Lots of butter. You'll have enough for 6 to 8 people, dependent on the state of their appetites.

INGREDIENTS: 3 cups pre-sifted flour; 4 teaspoons baking powder; $\frac{3}{4}$ teaspoon salt; $\frac{1}{2}$ cup sugar; 2 cups milk; 2 eggs; $\frac{1}{2}$ cup cold cooked rice; $\frac{1}{4}$ cup melted butter or margarine.



People are always giving me little pieces of saffron in aspirin tins. It's very valuable and rare and to be shared. Sometimes I use a little with my cooked rice; makes it yellow, the right shade for those Mexican dishes. Most of the time I forget I have it; then when I have a good friend who looks as if saffron is the sort of thing that is appreciated, I part with my aspirin tin.



Leftover rice can be reheated with sautéed mushrooms, chopped parsley, Parmesan cheese and butter, leftover kasha (grits). Each one of these makes of it a different and delightful dish. In fact, did you know that leftover kasha can be combined with leftover barley, too, or with both barley and rice. Noodles, combined with rice, kasha, barley, is a true Armenian touch.

Of course you can always add your half cup of rice, or barley, or noodles to your chicken broth. The more the better.



EAT YOUR VEGETABLES!



What a national refrain that one is! We've had it said to us and we say it to our children and then we hold our heads when they refuse the

beans. Remembering this, I've made it a one-woman crusade to keep the vegetables that are served at Blueberry Hill truly interesting, delicious, conversation-provoking. This has been easier than I thought it would be—people don't really dislike vegetables; they just dislike the way vegetables usually look—the watery bath in which they usually swim—and, when they decline them, they are right to do so.

Here in our little inn in Vermont, it's not like that. Our vegetables are jewels of color; they're served steaming; they've been tasted by the cook, who then vouches for them.

I'll repeat that. *They've been tasted by the cook!* When was the last time you tasted a vegetable before you served it? In fact, you're not a proper cook if you do not understand the care and presentation of the vegetable.

On that note, let us proceed with this chapter.

One day you can steam a box of frozen **ARTICHOKES**, salt and **pepper** them, and top them with **creamed mushrooms**. **Bread crumbs** on top of the mushrooms, soft and buttery ones, then **grated Parmesan** and 15 minutes in the oven with a whisk under the broiler if they're not brown.

Come Spring, what is nicer than fresh **STEAMED ASPARAGUS** (freshly cut from your own bed is better than bought) topped with **sautéed mushrooms**. Lace the mushrooms with a bit of **sherry**.

CHINESE ASPARAGUS. A Chinese way with asparagus, or with any vegetable, is a good way. The Chinese are aware of the value of quick cooking; the light touch. First make the sauce (and it's a good sauce to use for an egg foo yong or any other green vegetable, as well).

Mix together in a saucepan $\frac{3}{4}$ cup strong chicken stock or canned chicken consommé (the homemade stock is better; I've talked about that before—have some in your freezer); $1\frac{1}{2}$ tablespoons soy sauce; 1 clove of garlic, peeled and slit in half; $\frac{1}{2}$ teaspoon sugar. Bring this to a boil and add 1 tablespoon cornstarch and 1 tablespoon water, mixed together. Let it all boil for a few minutes until it is thick and clear. That's your sauce.

Get 2 tablespoons peanut oil hot in a heavy large frying pan. You can tell when fat is hot by looking at it; it grows wavy. Add 2 pounds fresh asparagus, cut in bite-sized pieces on the diagonal. The taste here is altered if you don't do this on the diagonal, so heed this advice. Sauté the asparagus 2 minutes, no more. Now pour the sauce over the asparagus, cover the pan, and boil gently for 1 minute longer. It's ready to serve now. Try it with rice for lunch; slice a tomato, sprinkle that with chives, and all will be well. This will be enough for 6.

INGREDIENTS: $\frac{3}{4}$ cup strong chicken stock or canned chicken consommé; $1\frac{1}{2}$ tablespoons soy sauce; 1 clove garlic; $\frac{1}{2}$ teaspoon sugar; 1 tablespoon cornstarch; 1 tablespoon water; 2 tablespoons peanut oil; 2 pounds fresh asparagus.

A DRESSING FOR ASPARAGUS. Mix together $\frac{1}{2}$ cup commercial sour cream, $\frac{1}{2}$ cup mayonnaise, 1 teaspoon curry powder, a bit of salt, $\frac{1}{4}$ teaspoon sugar.

Cabbage can be elegant, and my name for this is **CABBAGE ELEGANT**. Steam **3 cups shredded cabbage**, and stop it before it does more than wilt. This will take less than 5 minutes. If you have to boil it, use very little salted water. In either case, drain it well. Have ready an iron skillet large enough to hold the cabbage, get the skillet hot, sizzle **4 tablespoons** ($\frac{1}{2}$ stick) **butter**, and then dump the cabbage into the butter. Let it brown slightly over high heat, then add, one after the other, $\frac{1}{2}$ **teaspoon salt**, $\frac{1}{4}$ **teaspoon freshly ground pepper**, $\frac{1}{4}$ **teaspoon dry mustard**, **2 tablespoons light brown sugar**, $\frac{1}{4}$ **teaspoon garlic powder**, and $\frac{1}{2}$ **cup commercial sour cream**. Stir once. Once is enough. Serve. You'll have enough for 4.

INGREDIENTS: 3 cups shredded cabbage; 4 tablespoons butter; $\frac{1}{2}$ teaspoon salt; $\frac{1}{4}$ teaspoon pepper; $\frac{1}{4}$ teaspoon dry mustard; 2 tablespoons light brown sugar; $\frac{1}{4}$ teaspoon garlic powder; $\frac{1}{2}$ cup commercial sour cream.

Steam your **CARROTS**, or boil them if that's the only way you know about. Lather them with **butter**, add the usual **salt** and **pepper**, and sprinkle with **dill seed—or dill weed**. This will start your guests talking about your carrots.

BAKED CARROTS. Carrots are best of all baked. Put **1 pound** of carrots in a tightly covered baking casserole with **2 tablespoons butter**, **1 tablespoon light brown sugar**, $\frac{1}{2}$ **teaspoon salt**, and some freshly ground **pepper**. Let them bake slowly at 325°F. for about 1 hour. If you slice the carrots, they take less time than that. If you leave them whole, they take more than 1 hour. When they're done, they'll keep hot in the dish for at least $\frac{1}{2}$ hour. Frozen vegetables handled this way, baked instead of boiled or even steamed, will have you thinking they're fresh off the vine. Serves 4.

INGREDIENTS: 1 pound of carrots; 2 tablespoons butter; 1 tablespoon light brown sugar; $\frac{1}{2}$ teaspoon salt; pepper.



Don't forget raw **CAULIFLOWER FLOWERETS** for the appetizer table. Dunk them in a Russian dressing sauce. This is children's food, too.



If you would wrap your celery in plastic bags the minute you get it home, you'd not have limp celery. There's a remedy even for this, though. Place your bunch of celery in a pan of very cold water and add a slice of raw potato. Let it stand in the refrigerator for a few hours. The celery will have revived.



I talk a lot about **CHESTNUTS**, which I feel are a most misunderstood and not sufficiently used vegetable. As a side dish with roast goose, pork, duck, or turkey, the following old-fashioned method of preparation is authentic and proper.

You'll need **1 pound of chestnuts**. Make a gash in the shell of each one. Wash them. Then pour over them boiling water to cover and start cooking them slowly. Don't let them actually boil. In a few minutes, remove one chestnut and take off the shell and skin. If the skin doesn't come off right away, drop the chestnut back in the boiling water and try again a bit later. Continue, one at a time. When they are all shelled, place them in a saucepan, cover them with fresh hot water, add $\frac{1}{4}$ teaspoon salt, **3 tablespoons butter**, and **2 to 3 tablespoons sugar**. Bring them to a boil and cook them slowly over medium heat for $\frac{1}{2}$ to $\frac{3}{4}$ hour, until the chestnuts are tender. If the water cooks away, add a bit more. If the chestnuts are tender and you have more liquid than you would want for a proper sauce, lift the chestnuts out with a slotted spoon and let the sauce cook down. It should be the consistency of a thin gravy.

Serve these chestnuts in little sauce dishes with their own sauce. They're miraculous, delicious, and other extravagant things. Serves 4.

INGREDIENTS: 1 pound chestnuts; $\frac{1}{4}$ teaspoon salt; 3 tablespoons butter; 2 to 3 tablespoons sugar.

These are **CHESTNUT BOULETTES**; they're a vegetable that'll get you talked about. Mix all together **1 cup mashed chestnuts** (cook them as in the previous recipe, peel them, mash them) with **2 slightly beaten egg yolks**, **2 tablespoons light cream**, **1 tablespoon sugar**, $\frac{1}{8}$ teaspoon salt, and **1 teaspoon vanilla or sherry**. Cool the chestnut mixture, then fold in **2 beaten egg whites** (the whites you have waiting around after using the yolks). Form small balls; roll them in fine **bread crumbs**, then in **beaten egg** mixed with a little water, then in bread crumbs again. Fry them, preferably in deep peanut oil. When they're brown, they're done. Serves 4.

INGREDIENTS: 1 cup mashed chestnuts; 2 eggs; 2 tablespoons light cream; 1 tablespoon sugar; $\frac{1}{8}$ teaspoon salt; 1 teaspoon vanilla or sherry; bread crumbs; beaten egg.



Refrigerate, one hot summer day, some young, crisp, freshly washed **CUCUMBERS**. Don't peel them unless you've bought them in a market, all waxed. And if you did that, don't do this to them, anyway. Serve them, sliced in thick rounds, with a bowl of honey. Spread the honey on the slices as you wish.



To get the wax off cucumbers, dip them in boiling water for a few minutes. That'll melt the wax. Chill before using. *Warning:* The skin will probably be tough. It's better just to peel them.



You've seen leeks in the market, haven't you? Perhaps added one to a vichyssoise. Get yourself **2 bunches of leeks**, trim the little beards off the bottom and any wilted leaves, then steam them crisscrossed (one layer this way, one layer that) until they're just wilted. A few minutes in all. Dribble melted **browned butter** over them, sprinkle with salt and **pepper**. **STEAMED LEEKS**—better than asparagus, some say. Serves 4.

Another way with leeks, called **LOVELY LEEKS**. Boil leeks in just enough **strong chicken broth** to cover them; lift them out of the broth, keep them hot, and cook the broth down to half its original quantity. Beat the **yolks of 3 eggs** until lemon-colored and stir in $\frac{1}{4}$ **cup of the chicken broth**. Get it all mixed up, then dribble into it $\frac{1}{4}$ **pound (1 stick) melted butter**, and, after all the butter is in (keep stirring with your wire whisk), add **1 tablespoon lemon juice**. Keep stirring and add another $\frac{1}{2}$ **cup of the chicken broth**, which should pretty much take care of all the broth you had in the first place. Ladle the sauce over the leeks. You might taste it first for **salt** or **pepper**, but if the broth was well seasoned, you're as apt as not to be in fine shape without any.

INGREDIENTS: Leeks; strong chicken broth; 3 egg yolks; $\frac{1}{4}$ pound butter; 1 tablespoon lemon juice; salt and pepper, if needed.

BROILED EGGPLANT. Leave the skin on **1 eggplant**. Slice the eggplant $\frac{1}{2}$ inch thick. Sprinkle the slices with **salt** and **pepper**. If you object to the bitter taste you find sometimes in eggplants, let them stand, covered with salt, for an hour in a colander. The juice that is drawn out by the salt is what you don't like. Go on from there. Lay the slices out on a greased pan, dot them with **butter**, and broil under a high broiler heat until they're lightly browned and soft. Turn them and repeat the butter and broiling process. Melt $\frac{1}{4}$ **pound (1 stick) butter**, squeeze the **juice of $\frac{1}{2}$ lemon** into it, mix it up, and spread it on the eggplant. Serves 4.

INGREDIENTS: 1 eggplant; salt; pepper; butter; juice of $\frac{1}{2}$ lemon.

Fennel is a nice, licorice-type taste to serve as an appetizer. Looks like celery with a fringe. However, as not too many people know, it can be baked. So here we have **BAKED FENNEL**. Trim the **fennel** first and steam it in crosswise thin slices until it's tender. That doesn't take long, less than 10 minutes. Drain it, season it with a good salting and **pep-**

pering and bake it in a buttered casserole at 450°F., dribbling it first with melted butter and topping it with grated Parmesan cheese. Just bake it until everything is hot and at the end run it under the broiler to brown the cheese. A 10-minute process.

INGREDIENTS: Fennel; salt; pepper; melted butter; grated Parmesan cheese.



A pinch of sugar is the best perk-up of any vegetable. Not enough to taste it. It does wonders for flavor.



Thoughts on mushrooms. Lovely things, aren't they? Pickle them or dry them. Here's the way.

1. PICKLED MUSHROOMS. Put into a saucepan 1 cup wine vinegar, 2 tablespoons sugar, 1 teaspoon salt, 1 bay leaf, 1 teaspoon pickling spices, and 1 cup whole mushroom caps, lightly sautéed first, or 1 cup canned mushrooms with their liquid. Bring it all to a boil, let it boil for 3 minutes, cool, chill, serve any time.

INGREDIENTS: 1 cup wine vinegar; 2 tablespoons sugar; 1 teaspoon salt; 1 bay leaf; 1 teaspoon pickling spices; 1 cup whole mushroom caps or 1 cup canned mushrooms with their liquid.

2. DRIED MUSHROOMS. You must do this on a clear, sunny day. Wipe firm fresh, medium mushrooms with a damp cloth. Arrange the caps (chop the stems and drop them in a little plastic bag; freeze them for soup) on a tray. Place the tray in a sunny spot and turn the mushrooms from time to time for 2 or 3 days. If there isn't any sunshine for one of these days, keep them in a warm place. A sun lamp is a help. After 3 days, thread them on a long string and hang them, again in the sunshine or in a very well-aired room. When they're completely dry, put them in a screw-topped jar. If by chance they soften, put them out in the sun again. These are restored by soaking them, as you need them,

in warm water, for 1 hour. Then you use them as if they were fresh.



MUSHROOMS SUPERB are as the name implies. Sauté **2 large onions**, peeled and sliced as thinly as possible, in **2 tablespoons butter** in a large iron skillet. Remember, skillet hot first. Fry them slowly until very lightly browned. Don't rush this process; it might take as long as 20 minutes, but the flavor of the onions depends on this slow cooking. While they're sautéing, add **1½ teaspoons salt** and freshly ground **pepper** to your taste. Remove the onions from the butter with a slotted spoon, set them in a nearby dish, and add **2 more tablespoons butter** to the skillet. Add **2 pounds fresh mushrooms**, the ends of the stems trimmed away and the mushrooms sliced right through, lengthwise. This is a lot of mushrooms, but they will sink quickly. Turn them and push them about until they look soft and are lightly browned. Don't let them get black. They'd be overdone then. This much you can do at any time. Return onions to pan. Just before serving, add **2 cups (1 pint) heavy cream**. Just heat the mushrooms in the cream; don't let it boil. Taste the sauce for salt and pepper. Add **2 tablespoons sherry**. Combine it. Transfer the mushrooms to a chafing dish. They will keep perfectly for hours. Serve over steaming hot fine noodles, or rice. Noodles are better. This serves 6.

INGREDIENTS: 2 large onions; 4 tablespoons butter; 1½ teaspoons salt; pepper; 2 pounds fresh mushrooms; 2 cups heavy cream; 2 tablespoons sherry.

To go on about mushrooms, here is an out-of-this-world **MUSHROOM HORS D'OEUVRE**. Wipe, with a damp cloth or paper towel, **1 pound large white mushrooms**. Trim the bottoms of the stems and cut through lengthwise into very thin slices. Arrange them on a glass plate, cover them with a fine simple **French dressing** (one part vinegar, four parts oil, salt and pepper) and sprinkle casually with **chopped chives** and **parsley**. Serve with thin-sliced crusty French bread and butter. Dipping the bread in the dressing is a nice thought.

INGREDIENTS: 1 pound large white mushrooms; French dressing; chives; parsley.

SHERRIED ONIONS are just the last word with steak. Get an 8-inch black iron frying pan hot, and sizzle in it $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) **butter or margarine**—though butter is better here. When it is sputtering a little, add **6 to 8 medium onions**, peeled and sliced thin. Shake them around and, as they begin to wilt, turn them over and over with your kitchen tongs. When they are lightly browned but not soft all the way through, add $\frac{1}{4}$ cup **cocktail sherry**. Let it boil up once. Serve it with and on the steak. These onions will be twice as good if they have a bit of crunch to them when you serve them, so don't overdo them. Serves 6 to 8.

INGREDIENTS: $\frac{1}{4}$ cup butter or margarine; 6 to 8 medium onions; $\frac{1}{4}$ cup cocktail sherry.



For them as can take it, there is nothing to beat thick slices of sweet Bermuda onions with sweet butter as a sandwich filling.



A fine combination of vegetables is **ONIONS, BRUSSELS SPROUTS, AND CARROTS**. Just steam 1 pound small white onions and 5 or 6 peeled small carrots at the same time until they're nearly done—they take about the same length of time—and then add a pound of trimmed fresh Brussels sprouts. Five more minutes will finish everything. Salt, pepper, butter. Serves 6 to 8.



Think of crisp-fried onions (floured, seasoned, fried in peanut oil till crisp), served on top of creamed things, or dropped into clear soup at the last.



Some facts concerning the peeling of onions. If you're one to weep, drop them, unpeeled in boiling water. Let them sit there until the water is back to room temperature. Lift them out. Peel off the skins. Continue with your recipe.

This goes for boiled onions, too. Don't peel them. The

skins will help keep the flavor and the food value, as well as eliminating the weeping process. When the onions are tender, the skins will slip off.

And, if you're slicing them just to use raw, don't peel them before you do your slicing. The outside layer will fall away from the slices at a slight prodding.



If you know my *Blueberry Hill Menu Cookbook*, you know how I dote on the blueberry kuchen contained therein. This **ONION KUCHEN**, a perfect main dish at lunch or, cut in smaller wedges, served as an appetizer for dinner, shares that feeling.

First make the kuchen dough. Sift together **2 cups flour**, **½ teaspoon salt**, and **¾ teaspoon sugar**. Cut in **½ pound (2 sticks) butter** or **¼ pound butter**, **¼ pound margarine**. You should have some butter in this dough, however. I repeat again for those who don't know, "cutting in" means just that; use two knives and cut through and through the combined butter and flour until it is crumbly, each crumb approximately the size of a pea. A pastry blender, which is really a collection of knives, usually four or five, held together by a handle, does this task for you more quickly than two knives. Get one, if you haven't one already.

Now add **¼ cup milk**, very cold, a little at a time, tossing the dough around with a fork until it is all added. It needs to be just dampened, not worked a great deal. Turn the entire mixture into a plastic bag, tighten the bag so you can work the crust into a ball, and, leaving it in the bag, set it in the refrigerator to chill. If you're in a hurry, let it cool for 5 minutes in the freezer, otherwise give it an hour in the refrigerator.

Roll your dough to fit bottom and sides of an ungreased 8-inch layer-cake pan. Press it in and ruffle the edge. Bake this crust for 10 minutes in a 350°F. oven. The crust won't be fully baked, of course.

While the crust is in the oven, sauté **6 slices lean bacon**. If you do this over a high heat, they will be crisp. Drain them and break them up into small pieces. Pour off most of

the bacon fat, leaving perhaps a tablespoon in the pan, and sauté **3 cups sliced onions** (you'll need 4 or 5 medium onions for this amount) until golden. Don't brown them. In this case a low heat is better than a high. Lift the onions from the fat with a slotted spoon and drain them on paper towels or a brown paper bag. (I still like a brown paper bag best of all for draining bacon and fried onions; *and* for cooling cookies.) Place onion and bacon in pie shell.

Combine in a bowl, using your wire whisk, **2 whole eggs, 1 egg yolk, $\frac{3}{4}$ cup commercial sour cream, $\frac{1}{2}$ teaspoon salt**, a few gratings fresh **pepper** from a mill, and, when all are assimilated, add **1 teaspoon finely chopped chives or green onion tops**. Pour this into your crust and bake in a moderate (375°F.) oven until the custard is set, which will be in about 25 minutes. Test it with a knife. If the knife comes out clean, it's ready. Don't overbake it; I mean, stay with it so that it comes out when it's done, not before, not after. That's the secret of lots of good cooking, knowing when to take things out of ovens and off range tops—being there at the time and doing it then and not 5 minutes later. Serve this warm. Should take care of 6.

INGREDIENTS:

For the dough: 2 cups flour; $\frac{1}{2}$ teaspoon salt; $\frac{3}{4}$ teaspoon sugar; $\frac{1}{2}$ pound butter or $\frac{1}{4}$ pound butter and $\frac{1}{4}$ pound margarine; $\frac{1}{4}$ cup milk.

For the filling: 6 slices lean bacon; 3 cups sliced onions; 2 eggs; 1 egg yolk; $\frac{3}{4}$ cup commercial sour cream; $\frac{1}{2}$ teaspoon salt; pepper; 1 teaspoon finely chopped chives or green onion tops.



I believe in steaming vegetables. I've said it before, and I'll say it again. There is no comparison between a vegetable that has languished in water and one which basks in the steam that surrounds it. One loses all to the liquid; the other keeps its flavors and its beauties. Even if you use a tea strainer over a tiny pot of boiling water, you're going about things the right way.





The French are great for cooking **PEAS IN LETTUCE**, and they're right, too. This recipe includes scallions. You need a heavy pan, such as a Dutch oven; anyway, it has to have a tight lid. Shred into the bottom of this pan **1 large head iceberg lettuce**. Cut into the lettuce bed **4 whole scallions**, tops and all (not the roots that dangle; get rid of them). Add **2 teaspoons chopped parsley**, **1 teaspoon sugar**, **¼ teaspoon nutmeg**, **2 tablespoons water**, and **¼ pound (1 stick) butter**, preferably sweet. Cover tightly, cook over low heat for 5 minutes, then add **4 cups freshly shelled peas**. Cover again and continue cooking over low heat for 20 more minutes, or until the peas are done. It doesn't hurt to check. At this point, add **1 cup heavy cream**, salt, and pepper to your taste, and stir everything around. The lettuce will be thoroughly wilted.

This recipe works fine with frozen peas, too. In this case, omit the water. Serves 6.

INGREDIENTS: 1 large head iceberg lettuce; 4 whole scallions; 2 teaspoons chopped parsley; 1 teaspoon sugar; ¼ teaspoon nutmeg; 2 tablespoons water; ¼ pound butter; 4 cups freshly shelled peas; 1 cup heavy cream; salt; pepper.

They call these **PEAS SUPERB** and they are. Steam about **2 pounds of fresh peas**. They're better fresh, but even **2 boxes of frozen peas**, steamed, will do. Sauté **2 slices bacon** until crisp, drain them, and break them up. Throw away the bacon fat unless you love it dearly—we don't. Sauté **1 small onion**, sliced, in **butter** or in the **bacon fat**, if you still have it, and add the bacon and the onion to the peas. Taste for salt and pepper, add them. Add **½ cup heavy cream**. Get it all hot. Serve it. Serves 4 to 6.

INGREDIENTS: 2 pounds fresh peas or 2 boxes frozen peas; 2 slices bacon; 1 small onion; butter or bacon fat; salt; pepper; ½ cup heavy cream.

A nice thing to do with **FROZEN SPINACH** is to cook one box of spinach as directed, drain it well, and add 2 tablespoons butter, $\frac{1}{2}$ cup light cream, 1 tablespoon creamed horseradish, $\frac{1}{2}$ teaspoon sugar, and salt and pepper. It's nicer with fresh spinach.

Along with the recipe for Wiener schnitzel, in the chapter on veal, I talked of **GERMAN SPINACH**. This can be prepared early in the day and reheated at dinner time, isn't that nice? Cook 1 pound spinach, then chop it very, very fine. You'll have what looks like very much too small an amount for 4, but this is what you will be able to serve. In a 6-inch iron skillet, heated first, melt 2 tablespoons butter. Now sauté 1 small onion, cut very fine, until transparent. This happens only if you are patient and do the cooking over a low heat; it'll take about 15 minutes. Add the spinach and sprinkle with $1\frac{1}{2}$ tablespoons flour. Then fill the pan with milk, stirring it in slowly until it is combined. You'd start with 2 cups of the milk. Let it come to a good boil, then reduce the heat to the lowest possible amount, and heat, stirring occasionally, for $\frac{3}{4}$ hour. You will add milk from time to time because you want it to have the texture of a good mudpack. Add salt and pepper to taste. Taste it, that's how you'll know what you need. In this case, "to taste" means a great deal of fresh pepper. Serve out of the frying pan. Serves 4.

INGREDIENTS: 1 pound spinach; 2 tablespoons butter; 1 small onion; $1\frac{1}{2}$ tablespoons flour; milk; salt; pepper.

NEW ZEALAND SPINACH is a different matter from the plain ordinary stuff. Wash it well, steam it till tender, or cook it, covered, in a heavy pot with just the water that clings to it after washing it. Then chop it up fine. Add a tiny bit ($\frac{1}{2}$ teaspoon for a pound of spinach) of dry mustard and heavy cream (about 2 or 3 tablespoons, enough to moisten it all), salt and pepper, and a dash of sugar. You'll like it.

An easy **SPINACH SOUFFLE**: Mix in a bowl 2 cups cooked chopped or ground spinach, 2 well-beaten egg yolks, 1 cup heavy cream, 1 teaspoon salt, $\frac{1}{4}$ teaspoon freshly ground pepper, $\frac{1}{4}$ teaspoon ground mace or nutmeg. When mixture is well combined, fold in 2 beaten egg whites. Glistening, moist, hold a peak. Pour into a buttered $1\frac{1}{2}$ -quart baking dish. Set the dish in a pan of hot water and bake in a very slow (325°F.) oven for 40 to 45 minutes. This will serve 4 or 5.

INGREDIENTS: 2 cups cooked chopped or ground spinach; 2 eggs; 1 cup heavy cream; 1 teaspoon salt; $\frac{1}{4}$ teaspoon pepper; $\frac{1}{4}$ teaspoon ground mace or nutmeg.

My friends, the Millers, of whom you've heard me speak, have that rare quality—a sense of humor concerning food. Look what they do with a pumpkin. Try it next Halloween. Call it **SUPPER IN A PUMPKIN**.

Cut the top off the **pumpkin**, incorporating the stem. It'll be a lid. Set it aside. Then scoop out the seeds, but leave all the pumpkin pulp in place. Now fill the pumpkin with water so you can measure its capacity—measure the water as you fill it, I mean—then pour out the water and proceed. This recipe is for a pumpkin of 8-cup capacity.

Season the inside of the pumpkin with **salt, pepper, and nutmeg**. You'll have to smear this around with your fingers to make the seasonings adhere to the pumpkin meat. Fill the vacuity with 1 cup uncooked Uncle Ben's rice, 1 teaspoon salt, 1 package frozen lima beans, 1 package frozen cut corn, 3 cups strong chicken broth, preferably homemade, and 1 pound First Prize sausage, sautéed, broken up, and drained of its fat. (I put in the brand, not the Millers; it's my favorite brand of sausage. If you can't get it, get as good sausage as you're able.) Add 2 medium onions, peeled, sliced, sautéed in the sausage fat, and drained, $\frac{1}{4}$ teaspoon freshly ground pepper, and $\frac{1}{2}$ teaspoon dried rosemary. Put the lid back on the pumpkin, fitting it as it came out. Place the pumpkin on a rack in a roasting pan in which you ought to have about an inch of water. The water should not touch the pumpkin.

Cover the pan and allow the pumpkin to steam slowly for about 3 hours until the rice is done. You can lift the lid and test it once in a while. Of course, the pumpkin pulp will be cooked through as well as the filling. One pumpkin should serve about 8 or 10.

INGREDIENTS: 1 pumpkin; salt; pepper; nutmeg; 1 cup uncooked Uncle Ben's rice; 1 package frozen lima beans; 1 package frozen cut corn; 3 cups strong chicken broth; 1 pound First Prize sausage; 2 medium onions; ½ teaspoon dried rosemary.

SCALLOPED HUBBARD SQUASH suggests that you can peel and slice this squash in the raw state. You can, but you need a strong arm and a patient heart. Instead, have your vegetable man break up a **blue hubbard squash** into manageable pieces. Scrape away the seeds and pulpy threads, and steam it for 10 minutes. It will be partially cooked and will be comparatively easy to peel and slice. You will want **6 cups of sliced blue hubbard squash** for 6 people. Arrange the slices in a heavily buttered baking dish or casserole. You'll need at least **2 tablespoons butter or margarine** for the greasing process. Sprinkle over the squash **½ teaspoon salt**, a few gratings of black **pepper**, **½ cup pure maple syrup**, **1 cup heavy cream**, and **½ teaspoon nutmeg**. Bake at 325°F. until the squash is tender—the time will vary according to the state of doneness of the squash when you started. It could take from 30 to 45 minutes; might even take an hour. Plan on getting it done ahead of time—nothing dire will happen if it waits around ½ hour or so. Serve directly from the casserole. You can stir it around as you serve it. Serves 6.

INGREDIENTS: 6 cups sliced blue hubbard squash; 2 tablespoons butter or margarine; ½ teaspoon salt; ½ cup pure maple syrup; 1 cup heavy cream; ½ teaspoon nutmeg.



A true delicacy if you have a garden are those **SQUASH BLOSSOMS**. Pick them just before they are in full bloom (you always have millions more squash than you can use, so you might as well use up some of the blossoms), dip them

in batter and deep-fry them, one at a time. They take moments only.



ZUCCHINI AND MUSHROOMS are a natural combination. I tell you about another way with them in the recipe following this one. Both recipes use a frying pan, a black iron one. Use a 6-inch size for enough for 4. Heat the pan (I harp on some things, don't I?), then melt **2 tablespoons butter** in it. Slice and measure **2 cups zucchini**, washed but unpeeled, and the smaller the better; add to the sizzling butter. Sauté the zucchini, turning often, for 2 minutes only. Now slice and measure **¼ cup fresh mushrooms** and add them to the pan with the zucchini. Sauté for 1 minute more. Sprinkle **salt, pepper, ¼ teaspoon sugar**, and a **dash of garlic powder** over the top. Combine everything properly and serve, scraping up all the juices as you go. Serves 4.

INGREDIENTS: 2 tablespoons butter; 2 cups zucchini; ¼ cup fresh mushrooms; salt; pepper; ¼ teaspoon sugar; dash of garlic powder.

A **ZUCCHINI AND MUSHROOM CASSEROLE** can be a sensation at your next supper party. Trim the stems of **1 pound fresh white mushrooms** and slice them lengthwise right through the stems. Wash but do not peel **1 pound tiny zucchini** and slice the same thickness as the mushrooms. In a large black iron frying pan, sauté the mushrooms and the zucchini in **¼ cup (½ stick) butter or margarine**. Stir them constantly, and sauté them only until the mushrooms are lightly wilted and light brown and the zucchini is cooked through but still crisp. This will take about 6 or 7 minutes, at the most, over a low heat. Sprinkle them, as they are frying, with **1 teaspoon salt, ¼ teaspoon freshly ground pepper, ¼ teaspoon garlic powder** (not garlic salt), **1 tablespoon flour, ½ teaspoon sugar**, and **1 teaspoon fresh chopped dill** or **¼ teaspoon dill weed**. Stir this all around and then blend in **1 cup commercial sour cream**. Keep this warm in the oven until you're ready to serve it. Don't let it boil over. Serves 6.

INGREDIENTS: 1 pound fresh white mushrooms; 1 pound tiny zucchini; $\frac{1}{4}$ cup butter or margarine; 1 teaspoon salt; $\frac{1}{4}$ teaspoon pepper; $\frac{1}{4}$ teaspoon garlic powder; 1 tablespoon flour; $\frac{1}{2}$ teaspoon sugar; 1 teaspoon fresh chopped dill or $\frac{1}{4}$ teaspoon dill weed; 1 cup commercial sour cream.



If you grow **SWISS CHARD** in your garden, as all good gardeners should, remember to use young leaves, no more than 10 inches long. If you break them off without pulling out the root, the plant will keep growing, giving you more leaves, 10 inches long. Separate the leaves from the stems. Steam the stems first (they're tougher) and, when they're nearly tender, add the leaves. Serve chard with brown butter, crisp bits of lean bacon, and a few thin slices of red onion.



Beautifully ripe **RED TOMATOES**, sliced thick, sprinkled with salt and a few grindings of fresh black pepper need nothing more than a spoonful of commercial sour cream with a few chives snipped over the top on each slice.



GREEN TOMATO FRY is a delicacy we appreciate in the summer months. Mix together in a flat soup bowl $\frac{3}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon freshly ground black pepper, $\frac{1}{4}$ cup light brown sugar, and $\frac{1}{2}$ cup fine bread crumbs. Slice 4 green tomatoes in thick slices, trimming off the peel at the top and bottom, and press the slices into the crumb mixture. Get your iron frying pan hot, melt 4 tablespoons ($\frac{1}{2}$ stick) butter or a fine-quality sausage fat, and when the fat is sizzling, add the slices of green tomato and brown them lightly on either side. They must be sautéed just a few at a time, and slowly, so that the tomatoes will cook through; set the tomatoes on a platter in a warm oven as they're done. They wait, nicely. Serves 4.

INGREDIENTS: $\frac{3}{4}$ teaspoon salt; $\frac{1}{4}$ teaspoon pepper; $\frac{1}{4}$ cup light brown sugar; $\frac{1}{2}$ cup fine bread crumbs; 4 green tomatoes; 4 tablespoons butter or sausage fat.

These **TOMATOES WITH SWEET-SOUR ONIONS** look very luscious on a white platter, comes a summer outdoor supper. You should have at least one thick slice for each person; for **8 to 10 slices of tomato**, chop **½ cup sweet onion**. Toss the onion in **2 teaspoons sugar**, so all the onion is coated well with the sugar. Add **wine vinegar** just to moisten it, about **½ teaspoon**. Heap 1 teaspoonful of the onion-sugar mixture on each slice of tomato. Top with **minced parsley**.

INGREDIENTS: 8 to 10 slices of tomato; ½ cup chopped sweet onion; 2 teaspoons sugar; ½ teaspoon wine vinegar; minced parsley.



I think stuffing tomatoes is a lot of trouble. I prefer to cut them in half, season them, and broil them; in a nearby baking dish I pile what would have been the stuffing, dot it with butter and bake that. Serve them together.

A GOOD EGG



Eggs are protein just as much as meat or cheese are—good for you in the same way and not only as breakfast food. They're omelets, they're custards, they're the backbone of a fine *quiche*, they're soufflés—each a delight of its own. And there's more than one way to scramble an egg—some better than others; not to speak of the advantages inherent in the shirred egg—slip it in the oven and bake it, that's shirring, and a more relaxed method of preparation has never been invented.

There's a basic rule in the cooking of eggs and it's a short one. Treat them gently. Don't boil them too fast, fry them too fast, bake them in too hot an oven. Coddle them as you would a tender leaf—you will be rewarded; their tenderness and their flavor will not be lost, that's what you'll find out.

Sometimes I am given to wondering about why certain people like eggs done a certain way and no other. Three minutes. Four minutes. Scrambled. Scrambled soft—and they'll send them back if they're not soft. Scrambled soft but not runny. Scrambled soft *and* runny. Hard-scrambled. Turned over. Sunnyside but the white all set. Sunnyside and barely cooked. Hard-cooked, yes even hard-cooked for breakfast! I get to know about people by the way they like their eggs. The nicest people are those who, when I ask, say, "Oh, what

way are you doing them this morning?" And when I say, "Well, mostly scrambled," they say, "Fine, fine. That's the way. Scrambled." Those are my favorite people.

But I honestly do understand this. There's something personal about a man and his eggs in the morning that's important to him. Maybe it goes back to his mother and her trying to get him to eat his breakfast *up*. Anyway, he knows how he wants his eggs, if he knows nothing else. We try to oblige.

If you have doubts about the freshness of your eggs, set one in a bowl of water. If it sinks to the bottom and turns on one side right away, it's freshly laid. If it sinks but doesn't turn, just stands there, you can have some doubts about it. If it rises to the top of the water, you've been had. Get rid of that egg. Also, did you know that you can't hard-cook a stale egg. Wouldn't want to, I guess, but if you did want to, you couldn't.

It says here in my notebook, "Tell about eggs poached in maple syrup." Well, I will. Here's **EGGS POACHED IN MAPLE SYRUP**. Bring 1 cup of pure Vermont maple syrup to a good boil. Break an egg into a sauce dish, then slide it into the boiling syrup. Stand right there. The syrup will boil up over the egg, enveloping it from all sides. Just as it seems ready to boil over, turn down the heat. Let the syrup settle down, then raise the heat again, let the syrup boil over the egg again, cut it down. Do this, in all, four times. Lift the egg from the syrup with a slotted spoon. It will be firm, yet tender, and when you break into the yolk with your fork, it will be just right. The best way to eat these is with pancakes. Set the just-poached egg on a small pile of pancakes, letting the hot syrup ooze over the whole thing. These are well known in Canada. A difficult recipe with an electric range; simple with gas.

Some people like their eggs cooked in bacon fat and basted with this fat until there is a cloudy white mist over the top. This is one way I refuse to cook eggs, even at the risk of losing a friend.

You should know about **DOUBLE-BOILER EGGS**. Light they are. Have the water boiling hard in the bottom section of your double boiler. Beat hard, in the top section, **2 eggs**, then stir in $\frac{2}{3}$ cup milk, $\frac{1}{2}$ teaspoon salt, and **1 teaspoon butter**. Put the lid on, turn down the heat, and leave them alone for 15 minutes without peeking. Look then, and if they're not quite set, let them go another 5 minutes. Two eggs feed 1 person well, 2 people skimpily.

INGREDIENTS: 2 eggs; $\frac{2}{3}$ cup milk; $\frac{1}{2}$ teaspoon salt; 1 teaspoon butter.

EGGS IN BROWN BUTTER. A delight. Just heat **2 tablespoons pure creamery butter** in an omelet pan or a small black iron frying pan. The pan must be hot first. Let the butter sizzle and brown a little. You have to watch this, because it will, without warning, just as soon turn black as not. Then break into this brown butter **4 large eggs**, season them with salt and freshly ground black pepper and allow them to set over a slow heat. When the whites are thoroughly set but not more than that, place the eggs on a warm platter. Into the same pan pour **1 teaspoon tarragon vinegar** or (my choice) **1 teaspoon capers in vinegar**. Swish it around thoroughly, mixing it well with the butter in the pan, and scrape it out, every drop, over the eggs. You'll need a rubber spatula to get the last of the juices.

INGREDIENTS: 2 tablespoons pure creamery butter; 4 large eggs; salt; pepper; 1 teaspoon tarragon vinegar or 1 teaspoon capers in vinegar.

Try poaching, then serving, **EGGS POACHED IN CREAM**. In a saucepan, bring to a boil $\frac{1}{2}$ cup cream and **1 tablespoon butter**. Slide in, one at a time, **4 eggs**; lower the heat and let them poach, covered. Serve the cream with the eggs, some tart jelly on the side.



Do you know how to boil an egg? That's what *you* think! The proper way is to boil plenty of water first, add the proper

number of eggs, and turn off the heat under them. (If you wash them under cold water before placing them in the boiling water, they won't crack.) Let them sit for double the time you usually like your eggs. A 3-minute egg sits for 6; a 4-minute for 8; and so forth. The eggs emerge tender. The white is almost creamy in consistency. Your digestion will profit.

Another good way is simply to place the eggs in plenty of cold water to cover. Bring the water to a boil. Serve. They'll be soft-boiled eggs.

And still another way is to put the eggs in cold water, bring to a rapid boil, turn off heat, cover, and let stand for 15 minutes. These will be hard-boiled eggs.



You'd probably like the following switch on a mushroom omelet. It's called a **SPICY MUSHROOM OMELET**, a descriptive title. For this you should have a puffy omelet. If you don't know what that is, it's one in which you separate the whites from the yolks of **4 eggs**, and, after seasoning the yolks with $\frac{1}{2}$ **teaspoon salt** and $\frac{1}{8}$ **teaspoon freshly ground pepper** and adding $\frac{1}{4}$ **cup cream, milk, or water**, you fold into the yolks the beaten whites of the eggs. Your pan must have a handle that can go into the oven; most omelet pans do. Butter both the sides and the bottom of a 7-inch omelet pan thoroughly, heat it a minute, and add the egg mixture; place it over a low heat and allow it to cook on the bottom, browning lightly. It will puff up in the pan. Then move the omelet into a 375°F. oven and continue baking it until the top is done. It will take about 5 minutes on the range and 5 in the oven. When you can press the top and none of the egg comes off on your finger, it's done. Cut across the top with a knife, have your filling ready (I'll tell you about that in a minute), add it, fold the omelet over it. There you are.

For the Spicy Mushroom Filling: Sauté $\frac{1}{2}$ **pound fresh mushrooms**, sliced, in **4 tablespoons ($\frac{1}{2}$ stick) butter**. When the mushrooms are wilted and lightly browned, not black, add **1 tablespoon flour**. Stir the mushrooms around until they're surrounded with the flour-butter paste, then add $\frac{1}{2}$

cup water, blending well. Finally fold in $\frac{1}{2}$ cup commercial sour cream and $1\frac{1}{2}$ teaspoons aromatic bitters. Immediately place about half of the mushroom mixture on the omelet, still in its skillet, as directed in the directions for the omelet itself, fold it over, and pour the rest of the sauce over it. The amount of sauce will do for a 4-egg omelet. Serves 2 to 4.

If you happen to have an extra egg white or two in your freezer that you would like to use, beat them with the egg whites in the omelet and use them along with the rightful ingredients. Your omelet will puff higher than otherwise.

INGREDIENTS:

For the puffy omelet: 4 eggs; $\frac{1}{2}$ teaspoon salt; $\frac{1}{8}$ teaspoon pepper; $\frac{1}{4}$ cup cream, milk, or water.

For the spicy mushroom filling: $\frac{1}{2}$ pound fresh mushrooms; 4 tablespoons butter; 1 tablespoon flour; $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup commercial sour cream; $1\frac{1}{2}$ teaspoons aromatic bitters.



There are three things to do if you want to peel hard-cooked eggs easily. One is to be sure they're at least 3 days old; not difficult if you live in a city. They don't peel well if they're fresher than that. Another is to remove them from the boiling water the minute they're done, set them in the sink and start running cold water over them. Keep them in the cold water until, one by one, you remove them and shell them. The way to shell them is to roll them around on a hard surface so that they are cracked all over—the shell will then come right off.



If you have a few extra egg yolks around, beat them up, mix them with a tablespoon of milk for each egg yolk and a sprinkling of salt. Bake the mixture in a small container set in a little water, and when it is set, cut it into cubes. Drop them in any clear soup or consommé.



Press some egg yolks, hard-cooked, through a colander and sprinkle on something. That'll then be called "goldenrod."



Variations on the omelet.

1. MUSHROOM OMELET. Make a nice 4-egg omelet. Sauté $\frac{1}{4}$ pound mushrooms, sliced, in 2 tablespoons butter. When the mushrooms are just wilted, blend in 1 teaspoon flour, $\frac{1}{8}$ teaspoon Worcestershire sauce, salt, pepper, and $\frac{1}{2}$ cup commercial sour cream. Mix it up. Fill the omelet.

INGREDIENTS: 4-egg omelet; $\frac{1}{4}$ pound mushrooms; 2 tablespoons butter; 1 teaspoon flour; $\frac{1}{8}$ teaspoon Worcestershire sauce; salt; pepper; $\frac{1}{2}$ cup commercial sour cream.

2. Spread your omelet, unfolded, with heavy cream, sprinkle it with Parmesan cheese, run it under the broiler. Fold it.

3. Fry small slices of ripe tomato in butter, sprinkle with basil, sugar, salt, pepper, garlic powder—a bit of each—and fold into the omelet.

4. Fill an omelet with watercress, chopped fine, stirred into commercial sour cream.



Make yourself some Spanish omelet sauce and, instead of making an omelet and topping it with the sauce, just add it to the eggs and scramble them all together in butter. Know what that is? **PIPERADE BASQUE.** Fancy name, isn't it?



Tomatoes are naturals with scrambled eggs. When the tomatoes are bright red and ripe, slice them, salt them and pepper them, sprinkle them with basil, and sauté them slowly in butter.



CREAMY EGGS are good to know about. They're done in a chafing dish and they'll make your reputation. Melt 1 small package (3 ounces) of cream cheese and 2 tablespoons butter in your chafing dish. Add $\frac{3}{4}$ cup light cream, stir it all around, nice and thick it will be. Now add $\frac{1}{2}$ teaspoon salt and 3 or 4 gratings of fresh black pepper. Break, right into the sauce, 6 large fresh eggs. Don't do anything to

them until the whites have started to set—they'll be white instead of transparent—then, using a long-tined fork, start stirring, keeping the eggs moving, and breaking them up as you do. When they are thick and combined and soft and fluffy and marvelous, add $\frac{1}{4}$ cup light sherry. Get this combined (you can use half as much sherry, if you'd like) and then's the time to serve, not 10 minutes later. This goes a longer way than eggs usually do—6 eggs should take care of 6 people, unless they want seconds. If they do, whip up some more; that's better than trying to keep them warm.

INGREDIENTS: 1 small package (3 ounces) cream cheese; 2 tablespoons butter; $\frac{3}{4}$ cup light cream; $\frac{1}{2}$ teaspoon salt; pepper; 6 large eggs; $\frac{1}{4}$ cup light sherry.



An egg poached in chicken broth makes a nice companion to any hash.



A French friend of mine serves **OEUF S BERCY**, which are eggs cooked in a buttered porcelain or earthenware pan and then, when ready to serve, a small cooked sausage is set on one side and a ring of tomato catsup or chili sauce is squeezed around the edges with a pastry tube. Isn't that awful?

The easiest method of egg preparation I know about, and perhaps the most impressive, is shirring. You make **SHIRRED EGGS** by buttering a few ramekins or small Pyrex dishes, breaking 2 eggs, carefully, into each, salting them, peppering them (use freshly ground pepper, grating it right over the eggs). Into a 375°F. oven for about 12 minutes on a low shelf. As soon as they're set, they're done. Keep a watchful eye.

Save the **chicken livers** that come in little packages whenever you buy a chicken. Drop them in a plastic bag and freeze them. Add more when you have more. Then, one day, company come and nothing done, salt them, pepper them, flour them, and sauté them in sizzling butter until they're just

done—cut into one and see that they have lost most, but not quite all, of their pink look. Tuck 2 chicken livers into a buttered ramekin for each person, with **2 eggs**, broken carefully, salted, peppered, and bake them in a 375°F. oven until the eggs are set. **SHIRRED EGGS WITH LIVERS.** A salad, some crusty bread. A problem solved.

A SHERRIED CHEESE SOUFFLE is an improvement over the plain cheese soufflé. You make the sauce in the top of a double boiler. Rapidly boiling water in the bottom. Melt **¼ cup** (**½ stick**) **butter or margarine** over the boiling water. Stir in **¼ cup flour** (an equal quantity—that makes it easy to remember) and, when you have a smooth paste, gradually stir in **1½ cups hot milk** (it doesn't really have to be hot; it just makes everything get done sooner), **1 teaspoon salt**, a **few dashes cayenne pepper**, and, when this in turn is smooth and thick, add **2 cups grated or chopped sharp Cheddar cheese**, preferably not the processed sort. When the cheese is melted, remove it from the heat and add a little of the sauce to the yolks of **6 eggs**; return the egg mixture to the sauce, stirring constantly to mix well, and add **3 tablespoons light sherry**. When all is combined, fold in the beaten whites of **6 eggs** (same eggs, of course). The whites must glisten and hold a peak when a bit is lifted. Fold carefully, which does not necessarily mean slowly. You can be quick and careful at the same time. Just remember to fold, not chop. Pour this into a 2-quart soufflé dish or casserole. If you run the back of your spoon around the top of the soufflé, about an inch from the edge, it will form a so-called "high hat" when it is baked.

I like a slow oven for my soufflés and bake them at 300°F. for 1 to 1¼ hours; you can speed things up by baking yours at 375°F. for 40 minutes, but it won't be as good as mine.

The thing here is to have everybody waiting, forks poised, so that the soufflé will be seen in its moment of glory, then consumed. Six people take care of this soufflé nicely.

INGREDIENTS: $\frac{1}{4}$ cup butter or margarine; $\frac{1}{4}$ cup flour; $1\frac{1}{2}$ cups hot milk; 1 teaspoon salt; a few dashes of cayenne pepper; 2 cups grated or chopped sharp Cheddar cheese; 6 eggs; 3 tablespoons light sherry.

SALAD DAYS



One of the most misunderstood foods served on the American table is the salad. I've thought about it a lot and I've decided that probably it's because every-

body's either in such a hurry or so busy watching television that nobody thinks about crisping and chilling salad greens until half an hour before dinner, and that's too late. How else explain the thousands of plates of warm, wet lettuce, usually only iceberg, that passes for a salad in any number of homes—and how many of these have been served to me?

Salads should be made up of many greens, as many as your market will afford (I can come up with four, at the very least, in the supermarkets in Brandon, Vermont). The greens should be washed, hours ahead of time, dried thoroughly either with a towel or by swinging them in a salad basket (you'd want to be out on your lawn to do this) then chilled either in a linen cloth, a plastic bag, or, if you have a large quantity, in a pillow case. Then, when you're ready to put your salad together, you have crisp, dry, clean leaves of varying kinds and colors of green. That alone is enough to whet the appetite.

Then the dressings. I have deplored again and again that

horrible orange thick liquid that has become the nation's idea of a French dressing. It is not so! A true and perfect dressing needs only olive oil, wine vinegar, salt, pepper, and garlic—and it's better when it's put together in a spoon held over the greens, though it is acceptable if you prepare it in quantity and have it in a bottle (not acceptable to me, but better than the bottled dressings).

And, finally, even if you were given a cut-glass salad bowl as a wedding gift and think you should use it, don't. No salad worth its name is mixed in anything but a cheap, plain wooden salad bowl, seasoned with olive oil. Nor should it be served in anything but individual wooden salad bowls. Crockery and salad dressings simply do not go together. Don't put them together.



If you happen to be on a low-cholesterol diet, try half an avocado pear, the center filled with 1 tablespoon unsaturated oil and 1 tablespoon capers with vinegar. So delicious, and you don't need to be on a diet to enjoy it.



A nice **COLD CAULIFLOWER SALAD** is a matter to consider. Steam a **cauliflower** whole, drain, chill, and arrange it on your salad table, surrounded by fresh crisp salad greens. Salt it and **pepper** it well. Set nearby, for your guests to take in the quantity they desire, a bowl filled with **commercial sour cream**. Stir into the cream some **chives**, **capers**, **red or black caviar**, lots of freshly ground black **pepper**, and sliced **radishes**. A nice thought for a summer night. Serves 6.

INGREDIENTS: 1 cauliflower; salad greens; salt; pepper.

For the dressing: Commercial sour cream; chives; capers; red or black caviar; pepper; radishes.



Two nice salads that we have at Blueberry Hill, often: (1) shredded Chinese cabbage in a bed on a plate, sliced avocado, sliced strawberries, Italian dressing; (2) sliced avocado pear, mandarin oranges, radishes, sprinkled with pumpkin seeds, Italian dressing.

Here we have a do-it-yourself salad. You provide the fixings; your guests decide and choose for themselves. Let's call it an **AVOCADO FRUIT SALAD**. Provide a large wooden salad bowl, well filled with washed, chilled, crisped **Boston lettuce** (about **1 head** of lettuce) and **5 or 6 spears Belgian endive**. Add **2 cups fresh spinach leaves**, washed, dried, and chilled, and **1 bunch watercress**, the tough stems removed, the leaves and tender stems washed and chilled. Arrange the greens prettily in the bowl. Next to it, have a cut-glass tray with the following fruits arranged in sections, contrasting shades as much as possible: **sections of 2 large grapefruit**, without membranes; **sections or slices of 4 California oranges**, without membranes; **8 clusters dark grapes**; **4 dozen Bing cherries with stems** (canned cherries can substitute for fresh); and, added last, **2 large ripe avocados**, peeled and sliced, and the slices dipped in some of the juice of the grapefruit. Next to this have a small dish of **pecans or almonds**, salted.

Aside the salad, there should be a bowl of this dressing: Mix **1 egg** with **1 teaspoon sugar** and a **pinch of salt**. Add **2 cups olive oil** and **2 cups salad oil**, slowly and alternately with **½ cup tarragon vinegar**. When all the vinegar and oil have been added, dribble in **½ cup sherry**. Store this in sealed jars, preferably in the refrigerator. The dressing should be brought back to room temperature before serving. If you want to use this dressing on any other salad than fruit, you may add a clove of garlic, peeled and halved. You'll have lots more dressing than you'll need here, but it's good to have it on hand in the refrigerator. It will keep several weeks. Serves 8 to 10.

INGREDIENTS: 1 head Boston lettuce; 5 or 6 spears Belgian endive; 2 cups spinach leaves; 1 bunch watercress; 2 large grapefruit; 4 California oranges; 8 clusters dark grapes; 4 dozen Bing cherries with stems; 2 large ripe avocados; pecans or almonds.

For the dressing: 1 egg; 1 teaspoon sugar; pinch of salt; 2 cups olive oil; 2 cups salad oil; ½ cup tarragon vinegar; ½ cup sherry.

This **CREAMY CHEDDAR MOLD** can be served most perfectly for a summer lunch with fresh fruit and iced espresso coffee. Pour the coffee over cracked ice with a twist of lemon. Here's the way to do the Cheddar bit: Soften 2 envelopes unflavored gelatine in $\frac{1}{2}$ cup cold water. Add 2 teaspoons minced onion to 2 cups milk, heat it to scalding (that's below boiling), and add it to the gelatine. Stir until the gelatine is completely dissolved in the hot milk. Set it aside to cool, then refrigerate it until slightly thickened. Keep your eye on it; you don't want it to set completely. While it's cooling combine 2 cups fine-curd creamed cottage cheese, 2 cups grated sharp Cheddar cheese, $\frac{1}{4}$ teaspoon Tabasco (leave this out if you don't like things hot), 1 teaspoon Worcestershire sauce, 1 tablespoon prepared horseradish, and $\frac{1}{4}$ teaspoon coarsely ground black pepper. Fold this cheese mixture into the now-thickened gelatine mixture. Spoon it into 6 individual molds or one 5-cup mold. Chill it until firm. Unmold. It's all right to do this yesterday.

INGREDIENTS: 2 envelopes unflavored gelatine; $\frac{1}{2}$ cup cold water; 2 teaspoons minced onion; 2 cups milk; 2 cups fine-curd creamed cottage cheese; 2 cups grated sharp Cheddar cheese; $\frac{1}{4}$ teaspoon Tabasco; 1 teaspoon Worcestershire sauce; 1 tablespoon prepared horseradish; $\frac{1}{4}$ teaspoon coarsely ground black pepper.

This **CUCUMBER-SHRIMP SALAD** makes me think of summer. Combine 1 cup commercial sour cream with $\frac{1}{2}$ teaspoon salt, a few gratings of fresh pepper, 2 teaspoons capers, and a little grated lemon peel. Toss in $\frac{1}{4}$ teaspoon sugar. Now fold in 2 cups cleaned cooked shrimp and 1 cup garden cucumbers, unpeeled but cut into cubes. Mix well, pile on bibb lettuce cups. This will feed 4.

INGREDIENTS: 1 cup commercial sour cream; $\frac{1}{2}$ teaspoon salt; pepper; 2 teaspoons capers; grated lemon peel; $\frac{1}{4}$ teaspoon sugar; 2 cups cleaned cooked shrimp; 1 cup garden cucumbers; bibb lettuce.

A lady I know always puts sour cherries in her shrimp salad. Good with chicken, too.



In summer, when you serve cucumbers, leave the skins on. That is, if they're fresh from the garden.



There's a recipe for **CUKES A LA CHALIAPIN** that I've used for years. I don't know whether it was invented by Mr. Chaliapin or was named this in honor of him. Dice **6 garden-fresh cucumbers** (peeled and the centers with the seeds removed only if they're not as fresh as today; leave them as is if you've just picked them) and sprinkle them with **salt**. Let them rest about 20 minutes. Break up the yolks of **3 hard-cooked eggs** and mix with **¾ cup commercial sour cream** and **½ teaspoon salt** and add this to the diced cucumbers, draining them before you start mixing. There's an incredible amount of water in a cucumber and the salt draws most of it forth. Add **½ teaspoon vinegar**, lots of freshly grated **black pepper**. Serve these ice cold.

INGREDIENTS: 6 garden-fresh cucumbers; salt; yolks of 3 hard-cooked eggs; ¾ cup commercial sour cream; ½ teaspoon vinegar; pepper.

To bring new life to an **EGG SALAD**, chop coarsely **8 hard-cooked eggs**. Toss them in a mixture of **⅔ cup mayonnaise** and **⅓ cup heavy cream**, whipped; add **chopped parsley**, salt and pepper, grated onion, a dash of garlic powder, and a dash of chopped thyme or dill. This mixture is good for sandwiches, as well.

INGREDIENTS: 8 eggs; ⅔ cup mayonnaise; ⅓ cup heavy cream; parsley; salt; pepper; grated onion; dash of garlic powder; dash of chopped thyme or dill.



Keep a few hard-cooked eggs in your refrigerator. They dress up a salad more times than not. Particularly with red onions.



I pride myself on being able to tell, from a look at a recipe, whether or not that one is worth doing—even on being able to imagine, almost to the point of tasting, what the whole thing will be when it's done. This recipe for **BANANA MOLDED SALAD** fooled me. I looked at it, thought, ye gads, how awful! and then, when I tasted it at a food show I was judging, I voted for it as the best of all the salads of this sort, and there were many. It's really unusual, an exquisite taste, and, if I had my way, I'd have called it a dessert, not a salad.

Stir **4 cups hot water** into **2 packages lemon gelatin**. Have the water nearly boiling so it will dissolve the gelatin completely without a lot of fussing around. Now add **16 marshmallows** (that's one of those little packages, four of which make up a large package). When the marshmallows are dissolved too, drain **1 can** (1 pound, 4 ounces) **crushed pineapple**, reserving the juice. Mash **4 ripe bananas**, mix them with the crushed pineapple, and stir the fruit into the gelatin mixture. Pour this into a mold or pan and set it in the refrigerator until it's solid. An hour or two before you intend to serve this, cook together until it's thickened **½ cup sugar**, **2 tablespoons flour**, **2 slightly beaten eggs**, **2 tablespoons butter**, and the **pineapple juice** which you have saved. As soon as it starts to thicken, remove it from the heat, allow it to cool and fold in **1 cup heavy cream**, whipped stiff. Spread this mixture over the gelatin and sprinkle with chopped **nuts**. Keep refrigerated until ready to serve. Unmold, or serve directly from the dish in which you prepared it. Either way. This serves 8, if they don't insist on seconds.

INGREDIENTS: 4 cups hot water; 2 packages lemon gelatin; 16 marshmallows; 1 can (1 pound, 4 ounces) crushed pineapple; 4 ripe bananas; ½ cup sugar; 2 tablespoons flour; 2 eggs; 2 tablespoons butter; 1 cup heavy cream; nuts.



Don't leave tomatoes, cut up, in salads waiting to be tossed. The tomatoes will distribute their juice all over the lettuce, and then you're in trouble. If you want to prepare them

ahead, do so, but set them in a little plastic bag and drain them of their juice just before adding them to your greens.

This raw mushroom salad is one of the great salads of all time and is a sensation whenever I serve it, which is often. I'm always writing out the recipe for it for somebody or other, and there's no reason why I haven't included it in another book, except that I was so sure I *had* included it that I forgot to include it. It's better if you fix it a few hours before dinner. The real title of it is **GENEVIEVE'S RAW MUSHROOM SALAD No. 1**. It was given to me by a Genevieve who is one of the world's great cooks. She does her cooking on a hot plate in a hotel room where cooking isn't allowed.

Slice **1 pound mushrooms**, wiped dry with a damp cloth, paper thin. Trim off the tip end of the stems, but cut right through the rest of the stems lengthwise while you're slicing the mushroom caps. You'll have umbrella-shaped slices. Sprinkle them with **2 tablespoons fresh lemon juice**, which will keep them from discoloring. Grate the rind of the lemon first, so that you can sprinkle $\frac{1}{2}$ **teaspoon grated lemon rind** over the mushrooms. Also add $\frac{1}{2}$ **teaspoon sugar**, **1 teaspoon salt**, $\frac{1}{2}$ **teaspoon celery seed**, **1 tablespoon chopped parsley**, a dash of **garlic powder**, and **1 cup heavy cream**. Fold it all together so that the cream covers all the mushrooms. Let this sit in the refrigerator in its bowl, turning it over once or twice, for at least 2 hours. This makes a beautiful salad when piled on **bibb lettuce** or **romaine**, with a **black olive** on top, a slice of ripe red **tomato** on the side. Your guests will not believe that these mushrooms are uncooked. This will make 4 very generous servings—enough for 8, when not a feature of the evening.

INGREDIENTS: 1 pound mushrooms; 2 tablespoons fresh lemon juice; $\frac{1}{2}$ teaspoon grated lemon rind; $\frac{1}{2}$ teaspoon sugar; 1 teaspoon salt; $\frac{1}{2}$ teaspoon celery seed; 1 tablespoon chopped parsley; dash of garlic powder; 1 cup heavy cream; bibb or romaine lettuce; black olives; tomatoes.

She has another mushroom salad, Genevieve has, called **GENEVIEVE'S RAW MUSHROOM SALAD No. 2**. This is

a good one, too, enough for 12. Have a party and serve these.

Wipe clean **12 large mushrooms** with a damp cloth and slice them paper thin, the way I told you to in the recipe just before. Mash **1 clove garlic** (if you have a mortar and pestle, it is the best method; second best is one of those garlic presses; third, and hardest, is the back of a spoon) and add, slowly, while you're mashing it, **¼ cup pure olive oil**. As soon as the garlic is pressed or crushed well, fish it out and throw it away. Add the oil to **2 tablespoons Roquefort cheese**, **2 tablespoons cream cheese**, **1 teaspoon Worcestershire sauce**, **½ teaspoon salt**, and **⅛ teaspoon pepper**. Mix it all together, preferably with a blender, until it is quite smooth. Add the mushrooms and toss everything lightly together. You really should have the dressing ready for the mushrooms, not the mushrooms waiting for the dressing to be made; the mushrooms discolor if they're kept around. Serve this mushroom mixture on a thick **tomato** slice on a bed of **greens**. Serves 12.

INGREDIENTS: 12 large mushrooms; 1 clove garlic; ¼ cup pure olive oil; 2 tablespoons Roquefort cheese; 2 tablespoons cream cheese; 1 teaspoon Worcestershire sauce; ½ teaspoon salt; ⅛ teaspoon pepper; tomatoes; greens.



A **HORSERADISH MOUSSE** is a simple matter and impresses all-get-out out of everybody. Fine with a roast of beef, hot or cold. Put **2 teaspoons unflavored gelatine** in a cup with **2 tablespoons cold water**. Let it soften for 5 minutes, then set the cup in a saucepan of hot water to dissolve the gelatine. While this is going on, whip until stiff **½ cup heavy cream**. Fold into the cream **½ cup ground horseradish**, drained; **1 teaspoon salt**; **½ teaspoon lemon juice**; **1 tablespoon chopped onion**; **½ teaspoon sugar**. Stir in the gelatine and pour the mixture into a mold rinsed out with cold water, but not dried. Refrigerate it for a few hours. Unmold it. You'll love it. Enough here for 6.

INGREDIENTS: 2 teaspoons unflavored gelatine; 2 tablespoons cold water; ½ cup heavy cream; ½ cup ground horseradish; 1 teaspoon salt; ½ teaspoon lemon juice; 1 tablespoon chopped onion; ½ teaspoon sugar.



You've no idea what peeling a little strip around a new potato does for it. Dresses it up for company. Otherwise, new potatoes should never be skinned.



A delightful method of preparing new potatoes is to steam them or boil them in a bit of water, drain them well, and cover them with the same dressing you would make for Hot German Potato Salad. Serve them hot with some fat knockwurst.



I think I've talked about Nance's Mustard Supreme before (see page 15). It makes a **POTATO SALAD** different. Slice **5 cups of cooked potatoes**, sprinkle them with **2 teaspoons sugar** and **2 teaspoons vinegar**. Add **2 tablespoons chopped sweet onion**, **1 tablespoon salt**, **1 diced dill pickle**, **1 cup mayonnaise** (*not*, please, salad dressing!) and **½ cup Nance's Mustard Supreme**. Toss it all around gently, then fold in **3 hard-cooked eggs**, cut in large chunks. Line your salad bowl with **Boston lettuce**, fill with the potato salad, and top with **radishes**. If you can't find Nance's Mustard Supreme, maybe you could send for it. It's made in Rochester, New York. It makes a difference. Otherwise, I'd suggest a little, just a little, Durkee's dressing, and an increase in the mayonnaise quantity. Serves 6.

INGREDIENTS: 5 cups sliced cooked potatoes; 2 teaspoons sugar; 2 teaspoons vinegar; 2 tablespoons chopped sweet onion; 1 tablespoon salt; 1 diced dill pickle; 1 cup mayonnaise; ½ cup Nance's Mustard Supreme; 3 eggs; Boston lettuce; radishes.

And here's a nice **OLD-FASHIONED HOT POTATO SALAD**. Boil **4 medium potatoes**. Slice them while they're still warm, arrange slices in layers in a serving dish, sprinkling a little **chopped onion** over each layer. Also pour a few tablespoons of the following warm dressing for each layer, continuing until all the potatoes and all the dressing are used. Serve it warm.

For the Dressing: Beat 1 egg in the top part of a double boiler. Add it to $\frac{3}{4}$ cup commercial sour cream, 1 tablespoon butter, and $\frac{1}{4}$ cup vinegar. Mix together $\frac{3}{4}$ tablespoon sugar, $\frac{1}{2}$ tablespoon salt, and $\frac{1}{2}$ teaspoon dry mustard. Add to the sour cream mix and cook over hot water until the dressing thickens a little where it clings to the side of the pan. You can do it faster over direct heat; requires a bit of watching, but I think it's easier. Either way works. Serves 4.

INGREDIENTS: 4 medium potatoes; onion; 1 egg; $\frac{3}{4}$ cup commercial sour cream; 1 tablespoon butter; $\frac{1}{4}$ cup vinegar; $\frac{3}{4}$ tablespoon sugar; $\frac{1}{2}$ tablespoon salt; $\frac{1}{2}$ teaspoon dry mustard.

For an excellent **SWEDISH POTATO SALAD**, you should start with 3 cups sliced cooked potatoes; 1 large tart red apple; unpared, diced; and 1 tablespoon lemon juice. Toss the potatoes and the apple in the lemon juice. Combine 1 cup commercial sour cream with $\frac{1}{4}$ cup light cream, 1 flower fresh dill or $\frac{1}{4}$ teaspoon dill weed, $\frac{1}{4}$ cup finely chopped sweet onion (Bermuda or red Italian) and 2 teaspoons prepared mustard. Toss everything together and let it settle in for about an hour or two in the refrigerator before you serve it. A few chives at the end and some hard-cooked egg slices, tucked about, complete a fine salad. Serves 4.

INGREDIENTS: 3 cups sliced cooked potatoes; 1 large tart red apple; 1 tablespoon lemon juice; 1 cup commercial sour cream; $\frac{1}{4}$ cup light cream; 1 flower fresh dill or $\frac{1}{4}$ teaspoon dill weed; $\frac{1}{4}$ cup finely chopped sweet onion (Bermuda or red Italian); 2 teaspoons prepared mustard; chives; hard-cooked egg slices.

This is called **HOT SLAW**. Steam 4 cups finely shredded new cabbage just until it is wilted. That means 4 or 5 minutes. If you boil it, it won't be the same, but if you haven't a steamer and must make do, use as little water as possible, use a heavy saucepan, cover it, and drain the water away as soon as the cabbage is properly wilted. In another heavy saucepan,

large enough to hold the cabbage later on, combine 1 teaspoon salt, 1 teaspoon white mustard seed, 2 tablespoons cream, 1 tablespoon butter, 3 tablespoons sugar, 2 egg yolks, and $\frac{1}{3}$ cup white vinegar. Beat the egg yolks a little first, then start the sauce cooking over very low heat, stirring all the time. It'll take 4 or 5 minutes to thicken, just about as long as it takes the cabbage to steam, so do them both at the same time. Add the drained cabbage to the sauce, stir it around, and serve it. Don't boil it after you've added the cabbage. It will curdle faster than you can say, My Lord, it's curdled! Serves 4.

INGREDIENTS: 4 cups finely shredded new cabbage; 1 teaspoon salt; 1 teaspoon white mustard seed; 2 tablespoons cream; 1 tablespoon butter; 3 tablespoons sugar; 2 egg yolks; $\frac{1}{3}$ cup white vinegar.

I read in the fashion page of the paper the other day that Sunday nights are coming back. It seems somebody invited some people "in" for Sunday night, a time when, evidently, for years, nobody has invited anybody "in." And now, said the fashion columnist, we have a whole new sort of clothes for women—the right thing to wear to a Sunday night. It was all very exciting to this fashion editor. "What fun!" she cried. "Think of the possibilities!"

As far as we're concerned, here in the country, Sunday night has always been a good night, and anyway we don't change our clothes according to what night it is. This is a good salad which I've called, for years, **SUNDAY NIGHT SALAD**. Perhaps the fashion writer might like to serve it at one of her own "Sunday nights." It's best with cold meat or fish.

Cook by boiling or steaming 6 packages frozen chopped spinach until wilted. Doesn't take long. Drain it well and cool it. Now add $\frac{3}{4}$ cup commercial sour cream, $\frac{1}{2}$ cup coarsely chopped celery, 6 tablespoons grated or minced onion, 2 tablespoons cider vinegar, 1 tablespoon finely chopped parsley, 1 tablespoon salt, 1 teaspoon tarragon and 1 teaspoon chervil. Get used to using herbs like this, do! Mix

it all well. Pack into a lightly oiled (with peanut oil or some other vegetable oil without a flavor of its own) 2½-quart ring mold and chill for at least 2 hours, preferably all day. Turn out and fill the center of the ring with **1 cup commercial sour cream** combined with **2 tablespoons grated cucumber**, **½ teaspoon salt**, and lots of freshly ground **pepper**. This will serve 8, with enough for seconds.

INGREDIENTS: 6 packages frozen chopped spinach; 1¾ cups commercial sour cream; ½ cup coarsely chopped celery; 6 tablespoons grated or minced onion; 2 tablespoons cider vinegar; 1 tablespoon finely chopped parsley; 3½ teaspoons salt; 1 teaspoon tarragon; 1 teaspoon chervil; 2 tablespoons grated cucumber; pepper.



CHICKENY TUNA SALAD. Want a tuna fish salad to taste like a chicken salad? It's easy. Use the kind of tuna that's packed in water, not oil. Drain it, then toss it around in a teaspoonful of chicken fat for each can of tuna. Proceed from there as for chicken salad: green pepper, celery, mayonnaise, parsley, salt, and pepper. Your guests won't know, won't guess.



A couple of thinly sliced water chestnuts could be happily added to your tossed salad, if you were so inclined.



Tiny raw zucchini are better than cucumbers in a salad. Slice them, salt them a bit, toss them with your French dressing. Try them as a nibble, just salted, too.



LEMON MAYONNAISE for fruit salads. Mix together **½ cup mayonnaise**, **¼ cup frozen lemonade concentrate**, **½ cup heavy cream**, whipped. Finally, a use for that lemonade stuff. Can't stand the lemonade. Love the dressing.



Remember, if you will, that it makes little difference what a whiz you are at making a fine oil-and-vinegar dressing for your salad, if your greens are wet; you'll have an oil-and-

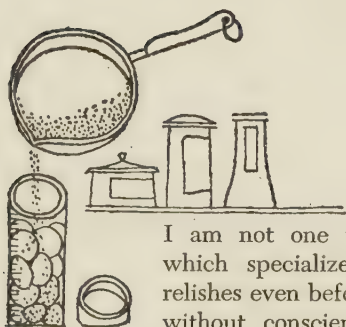
vinegar-and-water dressing and you won't like it. Dry them. Crisp them. Think ahead.



A very good, simple **SOUR CREAM DRESSING** for cucumber sticks or fruit salad contains **1 cup commercial sour cream**, **2 tablespoons white vinegar**, **2 tablespoons sugar**, and **½ teaspoon salt**.

Want a good and easy **ROQUEFORT DRESSING**? Mash **¾ pound Roquefort cheese** with your electric mixer—the hand-beater type is fine for this—then add **2 cups mayonnaise**, **1 cup commercial sour cream**, **½ teaspoon lemon juice**, and **1 small onion**, grated. Mix at low speed until combined. Told you it was good, and easy. It's both. Keep the lumps in.

RELISHES, PRESERVES, AND SUCH



I am not one who approves of restaurants which specialize in sticky buns and thirty relishes even before you start your meal. Taken without conscience, you have succeeded in spoiling what might otherwise have been a delicious dinner. Of course, there's always the possibility that the dinner might be terrible and you might as well fill up on the rolls and the mustard pickle which you know you enjoy.

All that withstanding, I do think a special sort of jam, a shimmering glass of your own jelly, a compote, in fact one unusual side dish is a very nice thing to have on your table.

Here are some such matters.



The best way (or did you know this?) to start fruit and sugar cooking together for jam, which, of course, includes no water, is to crush the fruit so that the juice runs, heat it without the sugar over a low heat and gradually add heated sugar. Set your sugar in the oven at low heat for about 10 minutes before you start; then, when you add the sugar to the fruit, it starts melting right away and nothing burns.



A delightfully easy **APRICOT PRESERVE**: Place **1 pound dried apricots** in a glass jar, filling the jar no more than half full of apricots. Add a **few lemon rind curls** (the yellow part only). Cover with boiling water and let them sit there, anywhere except in the refrigerator, overnight. The next day put them in the refrigerator. They should stay there overnight too. The next day, drain away all the water, dump the apricots into your blender. Buzz them a minute or so. Add **sugar** to your taste, and this depends on you. Buzz again for a minute. That's all. Keep it in your refrigerator.

INGREDIENTS: 1 pound dried apricots; lemon rind curls; sugar.

The lady who sent me this recipe for **BET PRESERVES** told me she couldn't resist calling it an "off-beat" as well as "good" recipe. I agree. Wash, peel, and grind **4 pounds raw beets**; barely cover them with water and simmer until they're tender. This usually takes about an hour. Add **3 pounds granulated sugar**, the **juice and ground rind of 4 lemons**, and **2 ounces crystallized ginger**. Cook this all together gently for an hour, when it should be quite thick. Add **¼ pound blanched almonds**, ground. Pack in jars. (The ones that have the rubber ring in the lids are the easiest to use.) Serve this with meats, especially. You should have 4 or 5 pints.

INGREDIENTS: 4 pounds raw beets; 3 pounds granulated sugar; juice and ground rind of 4 lemons; 2 ounces crystallized ginger; ¼ pound blanched almonds.

I'm sure none of you will ever do this, but I cannot resist giving you a beautiful recipe for **CALVES' FEET JELLY**. The idea of jelly from calves' feet is in itself truly delightful, reminiscent of Elsie Dinsmore and visiting the sick in the middle 1800's. This recipe which reminds us of the hours of devotion to the kitchen our grandmothers found time for is a lesson in itself.

The recipe came to me like this; my comments are in brackets: "Select the largest and best **calves' feet**. Four is called a set. Choose those that, after the hair has been well scalded and scraped off, are prepared with the skins left on.

There is much glutinous substance in the skin itself, therefore it adds to the strength and firmness of the jelly. The feet being made perfectly clean, split them upwards as far as you can, and put them to boil in a gallon of *very clear* soft water. Boil them till they have all gone to pieces, and the flesh is reduced to rags, and the liquid to one-half. [This is, by far, the most picturesque recipe I've ever seen!]

"Strain the liquid through a fine sieve into a white-ware pan, and set it away to cool. When quite cold, it should be a cake of firm jelly. Take it out and scrape from it all the fat at the top and sediment at the bottom. Press on the surface some clean blotting paper, to remove any grease that may yet remain about it. Cut the cake of jelly into pieces and put it into a *very clean* porcelain kettle, with a **large pint of sherry** (inferior wine will spoil it); a **pound of the best loaf sugar**, broken small; the **yellow rind of six lemons**, pared so thin as to be transparent, and their **juice** squeezed over the sugar through a strainer; the *whites* of **six or seven eggs**, with their shells, mashed small.

"If the jelly is to be moulded, add a quarter ounce of the best Russian isinglass [the forerunner of gelatin]. Boil together all these ingredients for near twenty minutes. Then take it off the fire and let it stand undisturbed for about five minutes, to settle. Next, have ready a pointed jelly bag, made of clean white flannel. Spread it open, suspended by strings from a table edge. Set a large tureen or white-ware pan beneath it, and let the jelly drip as long as it will; but on no account squeeze or press the bag, as that will spoil all, rendering the whole jelly cloudy or streaked. If it is not quite clear at the first straining, empty the contents of the bag into a basin, wash the bag clean, hang it up again, pour the jelly back, wash the tureen or pan, and let the jelly pass into it again. Repeat this straining if necessary.

"When quite clear, shape the jelly in white-ware moulds which have been setting two hours in cold water. When the jelly is wanted, wrap round the moulds for a moment a cloth dipped in warm water, and turn it out on glass dishes. The ingredients that are left in the bag may be boiled and strained over again for children. [Humph!] If the jelly is *not* to be

moulded, you may omit the isinglass. In that case, break it up, and serve it in a glass bowl. It is now the general opinion that jellies have a more lively taste when broken up, from the numerous acute angles they present to the tongue and palate. [Who would have thought of that one?] We think this opinion correct; and also they look brighter and more glittering, and *go farther*."

All italics came with the recipe. I'm going right out and get some calves' feet.

INGREDIENTS: Calves' feet; large pint of sherry; a pound of the best loaf sugar; yellow rind of six lemons and their juice; whites of six or seven eggs.

Try these **SPICED CRANBERRIES**. Boil $\frac{1}{2}$ cup sugar, $\frac{1}{4}$ cup water, 2 tablespoons cider vinegar, a few cloves, and a small stick of cinnamon for 5 minutes. Remove the cloves and the cinnamon—a slotted spoon lifts them out of the syrup—add 1 cup whole cranberries and boil 5 minutes longer, or until the skins pop. You'll have a cup. These are a delicious accompaniment to meat and, if you have a few left, just stir them into the juices of a roast turkey or pheasant, add a little currant jelly and some Madeira or other light red wine. Thin down with some stock made from same bird, if needed. Bring it to a boil. Ladle and baste, that's the way. If you love this relish, as I think you will, make more next time.

INGREDIENTS: $\frac{1}{2}$ cup sugar; $\frac{1}{4}$ cup water; 2 tablespoons cider vinegar; a few cloves; small stick of cinnamon; 1 cup whole cranberries.

For a lovely **CRANBERRY GARNISH** with your turkey, lay some cranberries out, one layer deep, on a shallow pan. Cover them with sugar, half as much sugar as cranberries, and bake them in a moderate (350°F.) oven. They will glaze and soften and be a joy to behold. Not to speak of their flavor. Takes about 40 minutes, but keep your eye on them.

The easiest jelly in the world to make, just about, is **CRANBERRY JELLY**. So much natural pectin. Boil 1 quart of

cranberries in **1 cup of water** in a covered saucepan for 10 minutes on the nose. Put them through a food mill or a sieve (food mill's easier), add **1 pound sugar** ($2\frac{1}{4}$ cups), and stir once. Let the mixture come back to a boil and, quick like a bunny, take it off the stove. Warning! If you leave it over the heat after it has come to a boil, it will not jell. This will make just a couple of jars. Try it with cream cheese on nut bread. You'll be sold.

INGREDIENTS: 1 quart cranberries; 1 cup water; 1 pound sugar.

PORT WINE JELLY is a fine idea for an accompaniment to meat or fish. It also can serve as a dessert.

Simmer in a heavy saucepan for 10 minutes **$2\frac{1}{2}$ cups water**; **4 twists of lemon peel**, without the white part; **4 whole cloves**; the peel of $\frac{1}{2}$ orange, thinly sliced; $\frac{1}{2}$ cup sugar; and **2 sticks of cinnamon**. It will reduce in quantity. Soak **1 tablespoon unflavored gelatine** in **2 tablespoons cold water** with **2 tablespoons lemon juice** and, when it is completely ungranular, a matter of 5 minutes, pour this over the hot mixture and stir it in thoroughly. Add **1 cup port wine** or, if you prefer a less sweet wine, use a **claret**. Strain the whole thing into a ring mold which has been rinsed out with cold water, not dried, or, if you wish, divide it into 6 sherbet glasses. Allow it to chill in the refrigerator until it is set. When you turn it out, do so on a platter rinsed with cold water. This will keep the mold from spreading and losing its shape. Of course, if you're using sherbet glasses, you have no worry on this score.

If this is served with meat, it needs no help. If you're planning on it for dessert, top it with heavy cream, whipped and sweetened and flavored with 2 tablespoons of port wine (or claret, if that's what you used in the jelly). Enough for 6.

INGREDIENTS: $2\frac{1}{2}$ cups water; 4 twists lemon peel; 4 whole cloves; peel of $\frac{1}{2}$ orange; $\frac{1}{2}$ cup sugar; 2 sticks cinnamon; 1 tablespoon unflavored gelatine; 2 tablespoons cold water; 2 tablespoons lemon juice; 1 cup port wine or claret.

A fine accompaniment to a pot roast is a dish of **PRUNES IN WINE**. If your prunes are not tenderized, soak **1 pound** in **1 cup cold water** overnight. If they are, you don't need to do this, just cover them with the water when you're ready to stew them. Add **1 cup light brown sugar** and **2 teaspoons grated lemon rind**. Stew them at a simmer until they're soft, about 30 minutes. Add **1 cup light red wine**, simmer them again for 5 minutes. Remove from the heat, add $\frac{1}{4}$ **teaspoon vanilla**. Serve them, preferably warm. Not bad cold, either. Serves 6.

INGREDIENTS: 1 pound prunes; 1 cup cold water; 1 cup light brown sugar; 2 teaspoons grated lemon rind; 1 cup light red wine; $\frac{1}{4}$ teaspoon vanilla.

In prunetime next summer, when those blue prune-plums are ripe and plentiful, make some of this sauce. It's called **PRUNE SAUCE** and is a natural with cold meats and chicken. Remove the pits from **1 pound fresh prunes**. Cover with cold water, just, and simmer in a saucepan with the juice of **2 lemons**, **1 tablespoon freshly chopped** (not grated) **lemon rind**, **4 blades of mace**, **24 whole cloves**, **5 whole allspice**, and **1 peppercorn**, the last four spices tied in a little gauze bag. Cook, uncovered, over moderate heat for 10 minutes. Remove the bag of spices, add **2 cups sugar** and cook over low heat until the prunes are mushy and the mixture looks syrupy. Last of all, stir in $\frac{1}{4}$ **cup vinegar**, and cook 5 minutes more. Serve this cold; 4 cupfuls are derived from this recipe. You can store this in the refrigerator for several weeks.

INGREDIENTS: 1 pound fresh prunes; juice of 2 lemons; 1 tablespoon freshly chopped lemon rind; 4 blades of mace; 24 whole cloves; 5 whole allspice; 1 peppercorn; 2 cups sugar; $\frac{1}{4}$ cup vinegar.

Christmas treats are these delicious **CHRISTMAS STEWED APPLES**. Wash, peel, core, and cut in thick slices **2 pounds tart apples**. In a preheated heavy iron frying pan which has a lid, sauté them in **2 to 3 tablespoons butter** until lightly

browned; about 5 minutes will take care of all of them. Lift the slices from the pan as they're done, and, at the end, return them all. Sprinkle them with $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup white wine, and 1 tablespoon fresh lemon juice; add a small piece of lemon peel. Cover the pan tightly and cook the apples slowly until they are tender. It won't take long. Enough here for 6.

INGREDIENTS: 2 pounds tart apples; 2 to 3 tablespoons butter; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup white wine; 1 tablespoon fresh lemon juice; lemon peel.

Try these **WINY APPLES** with your next pork dinner. They're beautiful to see as well as to eat. Core 6 tart apples, peel them, and fill the holes in their middles with sugar; you'll want $1\frac{1}{2}$ cups granulated sugar in all, so measure it first. Fit them into a deep, heavy saucepan that holds them rather snugly, then sprinkle over them the balance of your measured sugar. Add $2\frac{1}{2}$ cups light red wine, 6 whole cloves, 1 stick cinnamon, $\frac{1}{2}$ teaspoon mace. Cover the pan and start the apples simmering slowly. Don't let them boil, they'll fall apart. Lift the lid after a few minutes and see that they're safe; baste them if they aren't moist—the wine should just about cover them. Watch them, lifting the lid occasionally, and when they are soft enough to offer no resistance to a long-tined fork, they're done. These should be served hot. Add what's left of the wine to some cranberry juice, heat it and strain it. It'll be a fine winter appetizer.

INGREDIENTS: 6 tart apples; $1\frac{1}{2}$ cups granulated sugar; $2\frac{1}{2}$ cups light red wine; 6 whole cloves; 1 stick cinnamon; $\frac{1}{2}$ teaspoon mace.

If you have a cherry tree, pick yourself 2 quarts of ripe red cherries, then pit them. Sit down when you do that. Place them in a wide-bottomed enamel or porcelain pan with 3 pints of sugar—a pint's a pound the world around, if you're wondering about that. Well, it's not exactly—but it's close enough! Place them over the slowest possible heat on the range. Don't stir them, but shake the pan back and forth

every few minutes; don't let 'em burn. In about 25 minutes, the sugar will have dissolved completely and the cherries will be covered with a nice syrup. Now increase the heat and let them simmer—not boil—for 20 minutes. Don't stir! That's all there is to that. Pack them in sterilized jars. They will taste just-picked and will be the color of cherries, which very few preserved cherries are. The title of this recipe is **PRE-SERVED CHERRIES**. Serves 8.

INGREDIENTS: 2 quarts ripe red cherries; 3 pints sugar.

One busy day, I **QUICK-SPICED PEACHES**. Defrost 1 box of frozen peaches sufficiently to get the juice, even if you have to chop it off with a fork. Add the juice to $\frac{1}{4}$ cup sugar and $\frac{1}{4}$ cup cider vinegar and bring it to a boil. Toss into a cheesecloth bag about 1 teaspoon of pickling spices and let it all simmer for 10 minutes. Sprinkle a bit of lemon juice on the peaches to keep them from darkening while they're waiting, then add them to the syrup and cook another 5 minutes, simmering only, and remove from your range. Don't let the peaches boil; they'll dissolve and you'll have peach sauce. Remove the bag of spices.

You can serve these peaches hot; you can serve them cold. They will be better for sitting in their juice in the refrigerator a day or two, however. You may use canned peaches, if you haven't the frozen, but they won't be as good; be sure, if you do, that you use freestone home-style, not the yellow clings. Don't you hate those yellow clings? Slippery, slick. Get the others. Serves 3 or 4.

INGREDIENTS: 1 box of frozen peaches; $\frac{1}{4}$ cup sugar; $\frac{1}{4}$ cup cider vinegar; 1 teaspoon pickling spices; lemon juice.

Now this is the way the old folks up in my part of Vermont give you a recipe. It makes a lot of sense, even though it's hard to follow this "rule" for **PUMPKIN MARMALADE**. First they tell you, offhand, to use "cow" pumpkin. If you get your pumpkin from a farmer in these parts, he'll hand you some of these. If not, just trust to luck. Then you're told

to “pear” (*sic*) the pumpkin—and this is not an easy chore, “pearing” an uncooked pumpkin. But do as you’re told (I’d cut it in large chunks first, then pare it, if I were you), cut it in half, scoop out the seeds and then slice the meat of the pumpkin thin, as you would slice apples for pie. Weigh the fruit after slicing it, and add a pound of sugar for each pound of fruit. After you’ve gone and done this, you’re told to note the fact that “I use a little less sugar.” Well, use a little less. Also for each pound of fruit, add 1 **thinly sliced lemon**, rind and pulp. Thin-skinned lemons are best.

Put the fruit in a large porcelain or enamel dish with a heavy plate on top to weight it down and let it stand overnight. In the morning, drain all the liquid off and set it (the liquid, not the fruit) on the stove in a preserving kettle. As soon as the liquid boils, add pumpkin and lemon. Simmer slowly until the pumpkin is clear—1 to 2 hours (that gives you plenty of leeway, doesn’t it?). Then the lady tells you that if there is no juice at all in the morning, after the pumpkin has spent the night under the plate, add 1½ pints of water. *Then* she adds, “even when there is juice, add 1 pint of water.” *Well!* Ten pounds of fruit makes 30 glasses of marmalade. It’s really delicious, and frankly I think this is a darn visual recipe.

INGREDIENTS: 1 pumpkin; sugar; lemons.

This is a nice, easy one, called **SUMMER MARMALADE**. Just cook all together at a slow boil **2 cups diced ripe peaches**, **2 cups diced ripe cantaloupe meat**, **¼ cup lemon juice**, and **3 cups sugar**. When it is thick and clear, in about ½ hour, it’s done. Seal it in jam jars. If you do this when the jam is hot and invert the jar, it’ll keep forever. Don’t keep it forever, though. Makes 4 or 5 jars.

INGREDIENTS: 2 cups diced ripe peaches; 2 cups diced ripe cantaloupe meat; ¼ cup lemon juice; 3 cups sugar.



Speaking of sealing jams or jellies, don’t use paraffin. That’s passé. Get yourself some of the little jam and jelly jars with

screw tops. The tops have rubber rings flowed right in. Then fill your jars with boiling hot jam, tighten the lid, and quickly invert the jar so the hot jam will hit the rubber ring. Let it be for a minute, then set it right side up and place it in a pan of cold water. It won't break—the jars are made to stand these changes of temperatures—and the seal will complete itself.



A *jelly* is the result of boiling the juice of the fruit with the sugar needed; a *marmalade* is the fruit and the skin and the sugar; a *jam* is the fruit and the sugar without the skins (except in the case of small berries). This comes under the heading of the question most frequently asked of Elsie Masterton.



Come spring, think of **RHUBARB-AND-ORANGE CONSERVE**. Wash and clean the sections of **1 pound pink rhubarb**. Slice it into 1-inch bits; keep them on the diagonal. Place the rhubarb in a heavy saucepan. Peel **3 California oranges**, remove the white membrane, and cut into sections between the dividing membranes. Squeeze the remaining juice into the pan with the rhubarb, add the oranges, **$\frac{3}{4}$ cup sugar**, and **1 tablespoon of the orange rind**, slivered. Bring it all to a boil, slowly, and simmer until the rhubarb is just tender, from 5 to 10 minutes. Don't overcook it! Now's the time to taste it and sweeten it as you like it. You'll need a good bit more **sugar**. That's up to you. Taste and tell. Serve this hot or very, very cold. Serves 6.

INGREDIENTS: 1 pound pink rhubarb; 3 California oranges; sugar.



It's all very well to be different about your garnishes, but don't be coy. I mean, don't cut up pieces of cheese with a melon ball cutter, then go trying to make apples out of them by making a stem out of a clove and painting a blush on the side with paprika. A square of cheese on a toothpick is easier and more intelligent.



You know those nice blue crocks people are always buying at auctions and using for flower arrangements? They were really intended as preserving crocks and they still work. If you want to try something called **TUTTI-FRUTTI**, just drop **1 pint of brandy** into one of them and then add **fruits** as they appear in your market through the summer. Every time you add a pint of fruit, add a pint of **sugar** and give it a stir. Use things like cut-up peaches, strawberries, raspberries, cherries, anything you'd like. Just remember to add the sugar and stir. Be sure your cover is tight. If it isn't, seal it with masking tape whenever it isn't being opened. After you've got all the fruit you want stirred in, leave it alone and be sure it's cool. If you haven't a cool spot in your basement, set it in the back of the refrigerator, though that's really cooler than it needs. After 2 or 3 months, you have a fruit liqueur sauce that you can use with fresh fruit or ice cream. At this point, if you haven't room for the whole crock, pack it in jars; as for me, I like the business of digging into the crock.

INGREDIENTS: 1 pint of brandy; fruits; sugar.



FROSTED MINT LEAVES are pretty things. Use them to decorate a fruit salad. Beat the **white of an egg** just to a frothy state and dip the **mint leaves** in this. Immediately then dip it in **granulated sugar**. Let them dry on a double thickness of waxed paper. Once dry, they'll keep nicely in an empty, aired-out coffee can, the lid tightly on, of course.

AN HERB A DAY



So much has been written about herbs by so many people; there have been so many charts; there have been so many herb cook-

books, different from other cookbooks only in that every recipe has in it an herb of some sort. All this, I think, has started a sort of fetish, a snob-factory kind of cooking that makes no sense at all. I think the basic accomplishment of all this talk has been to intimidate and frighten the neophyte in the kitchen into daring to use none without frantic hunting for advice.

Herbs and their uses are simple to understand. If you can make up your mind that they are to be used sparingly, that you are never to use enough of any herb to make it the outstanding characteristic of the dish; if you can determine to your own satisfaction that this is a part of cooking that is your own decision—that you can add and subtract herbs to and from other people's recipes and often do them one better, then you're all set.

I use some herbs lots. Some, such as an item in all the herb books called *borage*, I've never seen, much less used.

Thus, all I will do here, in this notebook, is tell you a few things I do with herbs, a few things some of my friends do with herbs, and let you go on from there.



Try to know what herbs taste like before you add them to anything, no matter what anybody tells you, even me. Get yourself some cream cheese, soften it, divide it into little dabs on a pie plate and stir into each a pinch of whatever herb you're not sure about. Leave the tray of cheese for a few hours or overnight, then try each sort, one at a time, on a cracker. You'll have a pretty good notion, then. You'll like some; others you won't care for. But, most important, you'll *know*.



A word about basil. You know that basil, though associated with Italian foods, is originally from India? The French call it *herbe royale* (its literal meaning is "king"); use it with mackerel—basil butter is the word here (see recipe for herb butter, page 154).



Minced chives sprinkled on lima beans are nice. As is a bit of dill in your chicken gravy with Southern-style fried chicken.



Some of the herbs I seem to use all the time are rosemary (with chicken, lamb, fish), thyme (for stuffings, meat loaves), savory (with green beans, stuffings, tomatoes), sage (in turkey stuffing, with fish, pork), sweet basil (with tomatoes and Italian sauces, lamb), dill weed (in soups, sauces, with sour cream on fish or potatoes), marjoram (for meat loaf, with steak, on lamb, with vegetables, in salads), chervil (in salads, particularly tossed salads), chives (on everything!), bay leaves (in stews, soups), tarragon (in vinegar for salads, on broiled chicken), oregano (in Italian dishes, all of them).

Some of the herbs I never use (and know nothing about) are esoteric in name: burnet, coriander, cumin, angelica, rampion, wormwood, yarrow. Someday I'll learn about those!



Whenever a "fresh" herb is called for in a recipe and all you have is the same herb in the "dried" form, use half as much. If, however, you have a garden and can get them fresh, do that. They're better.



Fines herbes is a conglomeration of four or five herbs of your own choice added to things like omelets and soufflés as well as soups. My favorite combination is chives, parsley, marjoram, and tarragon—about a teaspoon of each for a 6-egg omelet. A *bouquet garni* is literally that—a bouquet, usually of two stalks of celery tied together with perhaps parsley, bay leaf, and thyme; sometimes chervil; sometimes marjoram secured within. This is added to a pot of soup and, at the end, removed by the string that ties it together.



Garlic can be the most beautiful or the most dreadful aid to a salad. Use it with discretion, a cut clove rubbed around the salad bowl, and you've done what's best.



An **HERB BUTTER**, kept in the refrigerator for use when needed, particularly for fish, is a handy matter. Soften $\frac{1}{4}$ pound (one stick) **sweet butter**, work into it with a fork chopped and stemmed' parsley, or basil, or thyme, or marjoram, or dill, or a combination as is your whim. Garlic butter comes in handy on occasion, too—and then you have it when you want it for garlic bread. Spread it on, spread it on.



Never keep a dried herb longer than six months. They're cheap enough, after all, so replace them at these intervals.



If you do have a garden, better than drying herbs is freezing them. Lots of books tell you to chill them, then blanch them, but that's for the birds, as far as I'm concerned. I just chop them up and drop them in little plastic bags and freeze them. Labeled, of course.



Have some **GREEN BEANS WITH HERB BUTTER**. Steam 1 pound of fresh green beans. Then pour over the top the following herb butter: Sauté 1 small onion, chopped, and 1 clove of garlic, cut up fine, in 4 tablespoons ($\frac{1}{2}$ stick) butter for 5 minutes—just golden, don't burn the onions. Add

$\frac{1}{4}$ cup minced parsley, $\frac{1}{4}$ teaspoon dried rosemary, $\frac{1}{2}$ teaspoon salt, a few gratings of freshly ground pepper. Heat together 5 minutes. Toss the beans in this. Makes 4 servings.

INGREDIENTS: 1 pound fresh green beans; 1 small onion; 1 clove garlic; 4 tablespoons butter; $\frac{1}{4}$ cup minced parsley; $\frac{1}{4}$ teaspoon dried rosemary; $\frac{1}{2}$ teaspoon salt; pepper.



Never do I see horseradish that I do not remember my mother grating the fresh root and weeping. We always had this in the refrigerator—the icebox, then. Try a sliver of it, raw, with cold meat.



Don't leave herbs in your stews too long; sometimes they become bitter and unpleasant. I would suggest waiting until the last 30 or 40 minutes before adding them. •



A small amount of tarragon vinegar folded into sweetened whipped cream makes a nice salad dressing. Particularly good with fruit.



Another thing, don't use herbs in more than one or two dishes in any one menu. I try for one.

A LOAF OF BREAD AND THOU



Besides the bread recipes that will follow, there will be some pancakes and waffles, all of which come under the heading, really, of bread-

stuffs. Someday I am going to undertake a national campaign against the overwhelming adoption of mixes by the American woman. Sure, if you've come home from your office at six o'clock, there's something to be said for them—but what a shame it is that an entire generation of cooks has never actually baked a cake or a pie from scratch. Of course you know that this has been responsible for an enormous national guilt complex, or hadn't you heard about that? That's why the people who prepare the mixes have stopped offering anything that just required the addition of milk or water; now they advertise loudly that *you*, the cook, are indeed expected to *add an egg*. They have discovered that, if you add your own egg, you feel better about the whole thing—you almost believe you've baked the cake in the first place.

Believe me, you are missing a great deal if you have never sifted together three dry ingredients, cut in some shortening, perhaps kneaded some dough. Try it one day—take a Saturday afternoon for it if you have no other time. Your kitchen will yield forth the aromas of heavenly places; your family will adore you madly; and, if you have more than you can eat, see

what happens when you offer the extra to your next-door neighbor.



One day in my early years at Blueberry Hill I was "down-street" in Brandon and went by the bakery. There was a sign in the window that said, "Bread Dough On Order, 20¢ a pound." This, I discovered, is about the most marvelous stuff in the world and I'm sure if you ask your local baker (and, of course, this has to be a baker of his own bread, not a purveyor of other people's packaged goods—never could stand that library-paste stuff that passes for bread today) he'll sell you some of his unbaked bread dough, too.

Up here in Vermont, we make **VERMONT FRIED BREAD** of it and, coming as I did from New York, this was a revelation to me. All you have to do is get some fat hot—I use peanut oil, usually: it's odorless; doesn't retain the flavors of the foods that have been fried in it so that it can be used again and again; it's digestible; anyway, I always use it. You get this fat hot, as I said, and this takes perhaps 20 minutes.

Tear off pieces of the bread dough, little ones, about an inch in diameter, and throw them in, one at a time. Each piece will puff up, brown, and, if you will poke at it with a slotted spoon, it will turn over and brown on the other side. When it's all brown (in about 1 or 2 minutes), lift it out with the slotted spoon and let it drain on a brown paper bag (*much* better than a paper towel!). Break the bread open and make sure it's cooked all the way through. If it isn't, fry the next piece a little longer. Eat 'em as you get 'em. They're ungreasy, crusty, simply great.



Whenever you want to deep-fry something, you should use a heavy pot—I have a cast-iron one about eight inches deep; it easily holds a quart of peanut oil—and heat the fat over a high heat. When it begins to look wavy, throw in an ordinary kitchen match (not from a paper package—I'm talking about the old-fashioned kitchen match that comes in a big, fat box) and wait a minute or two. The match will, when the fat is hot enough, ignite. It will light and then, right away, go out.

Don't get scared, it won't keep burning, and it won't ignite the fat. As soon as the match goes out, the fat is ready for you to start frying. You can use this match trick whenever you want to deep-fry anything, you know. When the match flares and goes out, you're in business. Apple fritters, shrimp tempura, doughnuts.



You should know about **GRILLED BREAD** for suppers and lunches. I've told you how to do it before; I shall again. Trim thin firm slices of white bread, cut them in triangles, as small as you'd like, and sauté them in butter, sizzling when you add them. They soak it up; you'll need a lot. There's nothing to surpass them with creamed dishes.



If the calories are screaming at you, **MELBA TOAST** is the way out. This, too, is delicious stuff when done properly. And properly means to set your triangles of bread in a low oven, about 275°F., and let them slowly dry out until they are crisp and light brown. You won't need to turn them. They take about 25 to 30 minutes—don't give up.



With either the grilled bread or the Melba toast, think of sliced baked ham, hot or cold, covered with creamed crab-meat and mushrooms; or chicken and mushrooms; or turkey and mushrooms; or mushrooms.



If you'd like your homemade bread to have a nice soft crust, set a saucer of water in the oven during the baking time.



Get in the habit of picking up unsliced bread from the bakery and keeping it in your freezer. Then, company unexpectedly at your door, take it out, thaw it at room temperature sufficiently to trim it, and cut away all crusts except the bottom. That means tops and sides. Then slice in thick slices almost all the way down, about four slices in all; slice again lengthwise. Be sure not to cut through! Now spread all the exposed areas thickly with butter, set in a high oven on a

tray and heat through until browned lightly. You can do this under the broiler if you'll stay right by. It doesn't have to be plain butter, either; try some bleu cheese with it; or cinnamon and sugar!



For a **QUICK CINNAMON HOT COFFEE BREAD** (or cake), sift together **1 cup sifted flour** (it comes that way now), **½ teaspoon salt**, **1 tablespoon baking powder**, **1 teaspoon cinnamon**, and **½ cup sugar**. Beat **1 large egg**, then combine with the egg **½ cup milk** and **¼ cup (½ stick) melted butter or margarine**. Stir the dry ingredients into the wet ones as quickly as you can (that's the secret of quick breads and muffins; don't overmix the wet and the dry). As soon as the dry ingredients are completely intermingled with the wet, stop. Grease an 8-inch square pan with vegetable shortening (butter or margarine sometimes burns; better to use the Crisco, Dexo, Flako, what-ho you have sort of thing).

Spread the batter in the prepared pan, then combine and sprinkle over the batter **2 tablespoons of brown sugar** (light or dark), **1 teaspoon cinnamon**, and **2 tablespoons vanilla cookie crumbs**. Bake in a hot (400°F.) oven for 15 minutes. Serve warm.

It's easy to have this for breakfast. Measure the dry ingredients the night before. In the morning add the liquids, grease your pan. The bread bakes while you're brushing your teeth.

INGREDIENTS: 1 cup sifted flour; ½ teaspoon salt; 1 tablespoon baking powder; 2 teaspoons cinnamon; ½ cup sugar; 1 large egg; ½ cup milk; ¼ cup butter or margarine; 2 tablespoons brown sugar; 2 tablespoons vanilla cookie crumbs.



If you'd like to vary homemade biscuits, use orange juice instead of milk, add some grated orange peel. Again, you could add 2 teaspoons sugar and the grated rind of half a lemon to the dough. Or stir in some chopped parsley.





Roll your biscuit dough out thinner than usual; fold it in half. Cut your biscuits. They'll be crisp and flaky in the center and will split open easily for buttering.



Have some **LEMON TOAST** for tea this afternoon. Combine **1 cup sugar** with $\frac{1}{2}$ cup (1 stick) **soft butter**. Do it in your beater or blender. When it's soft as whipped cream, it's creamed. Grate over it the **rind of 2 lemons** (brush the gratings in with a pastry brush) and the **juice of the same 2 lemons**. No seeds. Blend or beat another minute. Toast thin **homemade white bread** on one side, turn and toast very lightly on the other, spread the partially toasted side with the lemon and butter mix, slip the toast under the broiler and let it bubble and brown to golden. Cut them into strips before or after spreading with the lemon. Serve 'em hot, you know.

INGREDIENTS: 1 cup sugar; $\frac{1}{2}$ cup butter; rind and juice of 2 lemons; homemade white bread.

My friend Frances Fancher, who writes a top-rate food column in the *Rutland Herald*, sometimes comes up with a terrific recipe that is new to me. This one, she says, is a classic, well-known rule for a **LEMON BREAD**. I tried it and I can well understand it's being a classic. It's classic.

This recipe is for one regular-sized bread; it will make two or three small ones, which I prefer to do. Cream together **6 tablespoons margarine** and **1 cup granulated sugar**. This means you combine with an electric beater until creamy, of course. (Why "of course"? Lots of people don't know what creaming is. Let's be specific.) Then add **2 beaten eggs**, $\frac{1}{2}$ **cup milk**, and the **grated rind of 1 lemon**. Be sure you grate only the yellow part, not the white. Keep the bitterness away. When the eggs and milk are combined with the shortening-sugar mixture, sift together and add **1½ cups family flour**, **1 teaspoon baking powder**, $\frac{1}{4}$ **teaspoon salt**, and **1½ cups finely chopped nuts**. Oh, walnuts. Or pecans. Combine quickly until the liquid is combined with the dry ingredients; don't

continue mixing past that point. That's the way with quick breads—the light touch—know when to stop. Spoon the batter into a greased bread pan and bake 1 hour plus 5 minutes in a moderate (350°F.) oven.

Now *here comes the trick* that makes this loaf so flavorful! *Immediately*, but immediately, upon taking the pan from the oven (test it to be sure it's done, of course), pour over it a mixture of $\frac{1}{3}$ cup granulated sugar and the juice of the 1 lemon whose rind you grated into the bread itself. This juice will soak into the bread. Cool the bread in the pan, if you don't eat it first. Store in the pan in which it was baked whatever part of the bread you don't consume—or freeze it in the pan. It will keep, unfrozen, moist and delicious, for better than a week.

INGREDIENTS: 6 tablespoons margarine; $1\frac{1}{3}$ cups granulated sugar; 2 eggs; $\frac{1}{2}$ cup milk; grated rind and juice of 1 lemon; $1\frac{1}{2}$ cups family flour; 1 teaspoon baking powder; $\frac{1}{4}$ teaspoon salt; $1\frac{1}{2}$ cups finely chopped nuts.

There's a fine **FRESH APPLE BREAD** I know. Use it, often. Like all quick breads, it's fun to do and easy. Cream together with an electric mixer $\frac{1}{3}$ cup margarine (soft is easier than hard), 1 cup sugar, and 1 egg. Add 2 cups sifted flour, 1 teaspoon baking powder, $\frac{1}{2}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon salt, alternately with $\frac{1}{3}$ cup fruit juice. When all ingredients are combined, add $\frac{3}{4}$ cup white or seedless raisins, $\frac{1}{4}$ cup chopped pecans, and 1 cup finely chopped peeled tart apples. Fold these in, and immediately then pour them into 3 small bread pans, $7\frac{1}{2} \times 3\frac{1}{2} \times 2\frac{1}{4}$ inches, greased with vegetable shortening. Bake for 45 minutes at 350°F. Serve warm, right from the bread tins.

INGREDIENTS: $\frac{1}{3}$ cup margarine; 1 cup sugar; 1 egg; 2 cups sifted flour; 1 teaspoon baking powder; $\frac{1}{2}$ teaspoon baking soda; $\frac{1}{2}$ teaspoon salt; $\frac{1}{3}$ cup fruit juice; $\frac{3}{4}$ cup white or seedless raisins; $\frac{1}{4}$ cup chopped pecans; 1 cup finely chopped peeled tart apples.

A twinkly blue-eyed cooking student of mine once said that when you're baking, cake or bread or whatever, and you think it's done but you're not sure, listen to it. Hold it up to your ear and listen. If it's noisy, it's still baking. If it's quiet, dead quiet, it's done. Isn't that silly? But it works. I tried it. It was noisy when it wasn't done, quiet when it was. How *about* that?



This nation has an affinity for coffee cakes. I get so many of them from friends, neighbors and readers. There are two I've finally decided on as best. Both with sour cream; both delicious. One is called sour cream coffee cake; the other is called French coffee cake. Try them both.

SOUR CREAM COFFEE CAKE: Cream together $\frac{1}{2}$ cup (1 stick) **butter** and **1 cup sugar**. (You can use margarine but it tastes better with butter, this one does.) When the sugar is ungranulated and smooth, add **1 cup commercial sour cream**, **2 whole eggs**, and **1 teaspoon vanilla**. Continue beating with your electric beater until the mixture is smooth and combined thoroughly. Now sift together and then add, all at once, **2 cups family flour**, **1 teaspoon baking powder**, and **1 teaspoon baking soda**. Place one-half of your batter in a greased square pan, 10 inches square will do, and sprinkle it with $\frac{1}{2}$ cup **raisins**, **1 teaspoon cinnamon**, and $\frac{1}{4}$ cup **sugar**, distributing it well around the cake. Pour the rest of the batter over the raisin-cinnamon mixture and sprinkle with topping, produced by mixing together in a little bowl $\frac{1}{4}$ cup **light brown sugar**, **1 teaspoon cinnamon**, **1 tablespoon flour**, $\frac{1}{4}$ cup **chopped nuts**. Dribble over it all **1 tablespoon melted butter**. Bake in a 350°F. oven for 45 minutes or until it tests done with a skewer or straw. Eat it right out of the pan.

INGREDIENTS: $\frac{1}{2}$ cup butter; 1 cup sugar; 1 cup commercial sour cream; 2 eggs; 1 teaspoon vanilla; 2 cups family flour; 1 teaspoon baking powder; 1 teaspoon baking soda; $\frac{1}{2}$ cup raisins; 2 teaspoons cinnamon; $\frac{1}{4}$ cup sugar; $\frac{1}{4}$ cup light brown sugar; 1 tablespoon flour; $\frac{1}{4}$ cup chopped nuts; 1 tablespoon butter.

FRENCH COFFEE CAKE: Sift 3 cups family flour and 2 teaspoons baking powder into a bowl. Add $1\frac{1}{4}$ cups sugar, mix it up and, with a pastry blender, cut in $\frac{1}{2}$ cup (1 stick) butter. You will have a crumblike mixture. Take one cup of these crumbs out of the bowl and set it aside to use later on.

To the remaining crumbs in your bowl, add 2 beaten eggs, 1 cup commercial sour cream, and 1 teaspoon vanilla. This will form a dough, after you've stirred it around awhile. Take out one fourth of the dough, put it into another little bowl and mix $\frac{1}{4}$ cup sifted cocoa with it. Place half of the rest of the dough (that means half of the three fourths remaining; are you with me?) in a greased 9-inch round Pyrex layer-cake dish, spread the cocoa dough over this, and cover with the rest of the white dough. Now sprinkle over the top the crumbs you saved. You should bake this in a 350°F . oven from 30 to 40 minutes, until nicely brown on top and done through.

INGREDIENTS: 3 cups family flour; 2 teaspoons baking powder; $1\frac{1}{4}$ cups sugar; $\frac{1}{2}$ cup butter; 2 eggs; 1 cup commercial sour cream; 1 teaspoon vanilla; $\frac{1}{4}$ cup sifted cocoa.



You can use your waffle iron for things other than waffles. For instance, roll your biscuit dough very, very thin, cut into biscuit shapes, spread one with chopped ham or bacon (cooked crisp and crumbled), top with another biscuit and bake three or four minutes in the waffle iron. That's for lunch.



Add some crumbled crisp bacon to your biscuit dough. Mix thoroughly, pat out to half-inch thickness, cut out the biscuits and sprinkle them with grated cheese, preferably Cheddar. Bake these as usual. Serve hot. A meal in itself, with an apple, that is.



You know, I suppose, that breads or cakes baked in glass ovenproof baking ware need a temperature about 25 degrees lower than specified on your recipe. You'll find things over-baked on the bottom, otherwise. Thought I'd tell you.



A lady told me to wet my finger and touch the bottom of the bread tin. If it sizzles on the bottom, she said, the bread is done. If it doesn't, it isn't. I tried it. And it's true.



There's nothing like a true **MUSH MUFFIN** to remind you of your childhood, if your childhood was the kind you want to be reminded of. This recipe will fill two dozen iron muffin cups. First, prepare the mush. In a heavy 3-quart pot, moisten **2 cups white water-ground cornmeal** and **1 teaspoon salt** in **3 cups cold water**. Stirring constantly, add **1 quart rapidly boiling water**, slowly, slowly, to prevent lumping. Boil 15 or 20 minutes until the mush is soft. You may need more water. Add it, boiling, grudgingly. Beat **1 egg** and add it to the mush, stirring vigorously to prevent the hot mush from cooking the egg. Remove from the heat and add **2 tablespoons bacon drippings**. The old recipe said to add the drippings *or* lard, but the bacon drippings are the better choice, I think. You *could* add **sausage drippings**, if you have a fine, fresh-flavored sausage.

While you're beating in the egg and drippings, heat ungreased iron muffin cups 5 minutes in a 425°F. oven. They'll be smoking. Remove them and quickly grease them with vegetable lard or shortening. Use a pastry brush. Fill the cups to the top with the mush mixture and bake until the muffins are golden brown. This takes about 40 minutes, but it could take longer. Serve them hot right out of the pans, with plenty of butter. They will be crispy on the outside; soft, hot mush in the center.

INGREDIENTS: 2 cups white water-ground corn meal; 1 teaspoon salt; 3 cups cold water; 1 quart rapidly boiling water; 1 egg; 2 tablespoons bacon drippings or sausage drippings.

Want to bake some muffins fast? The kind that people rave about? Far from the ordinary are these **CREAM MUFFINS**. This recipe will fix you about 12, just enough for three for tea. They bake best in iron popover tins. Grease one popover

tin (these have 11 cups, for some reason; not 12) very heavily with a vegetable shortening. Set the tin in a hot (425°F.) oven. Use your wire whisk to mix together 1 cup heavy cream (not extra-heavy, just heavy) with 2 unbeaten egg yolks. As soon as they are combined, toss in 1 cup sifted family flour, $\frac{1}{2}$ teaspoon salt, and combine thoroughly; then fold in the 2 egg whites, stiffly beaten. Quickly remove the popover tin from the oven and pour the batter into the smoking hot cups. Bake 12 to 15 minutes, until they're lightly browned. They will lift out of the iron cups easily. Spread with butter and jam and eat them right away. They are delicate and slightly custardy and simply divine.

INGREDIENTS: 1 cup heavy cream; 2 eggs; 1 cup sifted family flour; $\frac{1}{2}$ teaspoon salt.



Vermont is maple country, known as such. And these **MAPLE MUFFINS** are famous, too, in these parts. Beat 1 egg lightly with a wire whisk, add $\frac{1}{4}$ cup milk; combine. Add 2½ teaspoons baking powder mixed with $\frac{3}{4}$ cup cake flour, alternating the addition of the dry ingredients with a mixture of 1 cup pure maple syrup, $\frac{1}{2}$ teaspoon vanilla, and $\frac{1}{4}$ cup melted butter. Grease thoroughly with vegetable shortening, and then flour thoroughly, 12 muffin cups. Be sure you flour the cups well, as these are fragile muffins; they'll emerge better with the help of the flour. Bake at 350°F. for 12 to 15 minutes, or until lightly browned and done when tested with a straw. Better use butter with these.

INGREDIENTS: 1 egg; $\frac{1}{4}$ cup milk; 2½ teaspoons baking powder; $\frac{3}{4}$ cup cake flour; 1 cup pure maple syrup; $\frac{1}{2}$ teaspoon vanilla; $\frac{1}{4}$ cup butter.



A frustrating business is to be told that a recipe for muffins will "fill 3 dozen muffin cups" and, trusting this will be so, to pop the first two dozen in the oven only to find that you have enough to fill only 8 or 9 of the last dozen. If you'll fill all three dozen cups before you put any in the oven (and use an ice-cream scoop, it's the easiest way), you'll have time to adjust this sort of discrepancy.



Some years ago I was given a secret recipe for blueberry muffins. The lady who gave it to me told me not to give it to anybody, not to tell it to anybody, that she was just giving it to me because she could trust me. Well, you know what happened? I never made them. I look at the recipe from time to time, and I'm so impressed with the secrecy of the whole thing that I've never made them. That's to show that I can *really* keep a secret.



Any good muffin recipe can be improved by substituting 1 cup of commercial sour cream for each 1 cup of sweet milk and replacing 1 tablespoon of baking powder with 1 teaspoon baking powder and $\frac{1}{2}$ teaspoon baking soda.



A rather special **FRENCH TOAST** calls for beating 2 eggs in a bowl with 1 tablespoon of water. Get your iron skillet hot, then melt to a golden-brown tone 2 tablespoons butter. Season the eggs with $\frac{1}{4}$ teaspoon salt and $\frac{1}{8}$ teaspoon nutmeg (that's the secret ingredient!). Dip sliced 2-day-old **French or Italian bread** in this mixture; let it rest there long enough to soak up all it can. Sauté (well, fry then) the bread slices over low heat. Turn when brown and finish the other side. Meanwhile, heat 1 cup pure maple syrup with a generous tablespoon of butter and a little freshly grated lemon peel. Serve the sauce hot. Remember this when you have company for brunch.

INGREDIENTS: 2 eggs; 1 tablespoon water; 3 tablespoons butter; $\frac{1}{4}$ teaspoon salt; $\frac{1}{8}$ teaspoon nutmeg; 2-day-old French or Italian bread; 1 cup pure maple syrup; freshly grated lemon peel.

A question I am frequently asked goes like this: "Where do you get all your recipes? *Gosh!*" The answer is that I make some up; some evolve from others; some are classic recipes that belong to the world; and some, like the following one, come from great cooks who want to share their successes with food. As a matter of fact, this recipe for **SOUR CREAM DOUGHNUTS** came to me from the Chairman of the Otter

Valley School Board, Frank Mazza. I'm on that board, and I got the recipe from him. He *says* his wife gave it to him, but I don't know.

Sift 4 cups family flour, then add, all at one time, 1 teaspoon baking soda, $\frac{1}{4}$ teaspoon salt, 2 scant teaspoons baking powder, and 1 teaspoon nutmeg. Sift all the dry ingredients together once more.

Beat thoroughly 2 large eggs, add 1 cup sugar, and beat again until the sugar has lost its granular appearance and the mixture is lemon yellow. Now add $\frac{1}{4}$ cup melted lard or vegetable shortening (lard is preferred) to $\frac{1}{4}$ cup commercial sour cream and 1 cup buttermilk.

Add the flour mixture and the buttermilk mixture to the sugar-and-egg mixture, alternating the dry and the wet. Separate the dough in three sections; it should be rather wet. Toss it in flour, then roll it out on a well-floured board to a thickness of about half an inch. Cut out the doughnuts and let them rest for about 15 minutes. You may make other doughnuts with the dough left from the holes or use them for doughnut holes.

Get 2 pounds fine-quality lard or 2 quarts peanut oil ready as directed on page 157, fry the doughnuts one at a time, turning only once each. More frequent turning makes greasy doughnuts. Let them drain on heavy brown paper. Eat them hot, with or without sugar. Makes about 3 dozen regular-sized doughnuts.

Thank you, Frank!

INGREDIENTS: 4 cups family flour; 1 teaspoon baking soda; $\frac{1}{4}$ teaspoon salt; 2 scant teaspoons baking powder; 1 teaspoon nutmeg; 2 large eggs; 1 cup sugar; $\frac{1}{4}$ cup melted lard or vegetable shortening; $\frac{1}{4}$ cup commercial sour cream; 1 cup buttermilk; 2 pounds fine quality lard or 2 quarts peanut oil.



And, did you know, if you put a whole clove in your doughnut fat, the doughnut will have the subtlest, most delicate flavor of cloves? In this case, don't use peanut oil, use some other vegetable oil—and keep it just for the doughnuts.



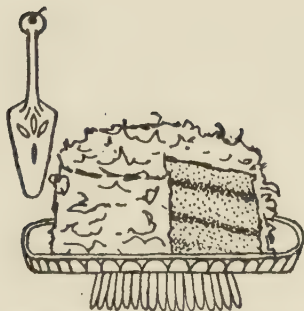
Some waffle recipes, particularly those made with sour cream, call for separating the eggs, mixing the yolks with the batter and folding in beaten egg whites at the end. One day I forgot the egg whites and baked the waffles without them. They were superb, rich and golden. Sometimes I do this on purpose now, remembering. Also, if you wish, they can be fried like griddle cakes on a griddle—be sure you cook them through, they're thick—to excellent advantage. Better than you'll believe.



A SPREAD FOR WAFFLES. Soften a small package of cream cheese with a little heavy cream—it should be at room temperature before you start and the easiest way to combine the cream with the cheese is with your electric handbeater. Now add 2 tablespoons maple syrup and continue your beating. The mixture should be the consistency of whipped cream. If it's too thick, taste it and decide whether it's maple syrup or cream you want to add to thin it down further. Serve this on hot waffles and wait for the hosannas.

INGREDIENTS: Small package cream cheese; heavy cream; 2 tablespoons maple syrup.

BAKE ME A CAKE



On our last wedding anniversary, even though John, my husband, couldn't be at home, the girls and I went out to dinner. The owners of the restau-

rant discovered that it was a celebration and, husband or no husband, I was the recipient of a cake, white and festive, on which was sparkling away a children's sparkler. We all loved it.

The point is that, to most of us, a cake is a gala affair, a gift even when it isn't our wedding anniversary. Learn to bake a good one and you're over the hump. The variations can then come in the icings. You'll be known far and wide as a good cook, see if you're not.



How do you know when a cake is done? The best way is to thrust a straw, preferably from a clean broom (I keep one of these for this purpose), into the cake, withdraw it, and observe. If there is any wetness or even sticky dough on the straw, your cake needs some more baking.

Another way is to press the top of the cake, firmly. Don't poke it, press it. If the fingerprint you create immediately disappears and the cake resumes its original shape, the cake is done. If the dent remains, give the cake some more time.



Some cooks can tell just by looking. The top of the cake, of course, should be an even light brown; the sides of the cake should have left the sides of the pan all around the top. But you need practice to do it this way. I don't recommend it.



Remember to let your cake sit, right side up, in its pan on a cake rack out of a draft for about 5 minutes before you try to remove it. Then turn it out on the rack and let it settle there until it's at room temperature. To turn it out, loosen it all around with a spatula; make sure it's free of the pan; then set the rack on top of the cake, hold fast to the cake pan and the rack, and invert it.



Ever hear of an **APRICOT OMELET LAYER CAKE**? Well, now. In a double boiler, combine $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter, $\frac{1}{2}$ cup flour, 1 cup light cream, and $\frac{1}{3}$ cup granulated sugar. Stir and cook over boiling water until it is combined and has the appearance of cake batter—takes about 10 minutes. Cool it, then beat into it 4 beaten egg yolks and 1 teaspoon vanilla. Get it well combined and then fold in, with caution, the egg whites, beaten with $\frac{1}{4}$ teaspoon salt. Have them stiff, glistening, shiny. Butter two 8-inch cake pans with removable rims and pour the batter into these. Bake in a slow (325°F.) oven for 25 to 30 minutes or until the layers test done with a straw in and out. Remove one of the layers onto a warm plate, upside down, spread with heated apricot jam, set the other layer on this, right side up. Sprinkle the top with powdered sugar or whipped cream and serve at once.

INGREDIENTS: $\frac{1}{4}$ cup butter; $\frac{1}{2}$ cup flour; 1 cup light cream; $\frac{1}{3}$ cup granulated sugar; 4 eggs; 1 teaspoon vanilla; $\frac{1}{4}$ teaspoon salt; apricot jam.

A nice **BLUEBERRY CAKE**. Cream until smooth 3 tablespoons butter or margarine with 1 cup granulated sugar. Add 1 egg, beat, then add $\frac{3}{4}$ cup milk. Sift in $1\frac{3}{4}$ cups

family flour and 1 teaspoon baking powder. Stir in 2½ cups blueberries, fresh or frozen dry, tossed first in a little flour (to keep them from sinking); spread in a shallow, greased pan, 8 x 8 x 2 inches. Dust the top thickly with about 2 tablespoons sugar-cinnamon mixture. Bake 25 to 30 minutes at 375°F.

INGREDIENTS: 3 tablespoons butter or margarine; 1 cup granulated sugar; 1 egg; ¾ cup milk; 1¾ cups family flour; 1 teaspoon baking powder; 2½ cups blueberries; 2 tablespoons sugar-cinnamon mixture.

Here's a delicious old recipe, called **CHARMING CUP CAKES**. Cream 1 cup butter (and the recipe *means* butter) with 2 cups sugar until smooth and creamy. You'll need your electric beater to do this, although the old-timers worked this out with the back of a wooden spoon and a strong arm. Add 1 cup commercial sour cream, 3 large eggs, 3½ cups cake flour, and 1 teaspoon baking soda. Combine thoroughly and drop with ice-cream scoop into 3 dozen greased muffin cups. They get done in 15 minutes at 350°F. They're charming, all right.

INGREDIENTS: 1 cup butter; 2 cups sugar; 1 cup commercial sour cream; 3 large eggs; 3½ cups cake flour; 1 teaspoon baking soda.



Tuck a peppermint, chocolate covered, in each cup cake, next time you bake them.



When you're baking a cake, get the oven to the temperature you want at least 5 minutes before you place the cake on the oven rack. Check the temperature with an oven thermometer—automatic ovens are known to vary—and then, and only then, add your cake. If the oven's not hot enough, your cake will rise too quickly with the rising heat; if the oven's too hot, it'll brown before it bakes.



Around New York, and probably other cities, one of the most popular cakes, particularly for a late evening snack with a cup of steaming hot coffee, is this **PERFECT CHEESE CAKE**. Takes some doing, but it's worth every moment of it.

First, prepare the pastry. Combine with a fork **1 cup flour**, **¼ cup sugar**, **1 teaspoon grated lemon rind** (grate it right into the flour mixture, brushing the grater with a pastry brush to loosen the bits of rind). Add **¼ teaspoon vanilla** and then cut in with a pastry blender **½ cup** (1 stick) **butter or margarine** until you have lumps the size of peas. Keep clearing the wires of the blender with a small spatula knife, then cut again until you have the result you want. Doesn't take long. Add **1 beaten egg yolk**, combine with a fork until you can handle it with floured hands, then shape the dough into a ball. Wrap it in a double thickness of waxed paper and chill 10 minutes in the freezer or an hour in the refrigerator.

Remove the sides from a 9-inch spring-form pan. Leave it nearby; you'll want it later. Place one third of the dough on the ungreased bottom of the pan, cover it with floured waxed paper, and pat the dough around to the shape of the pan. Take off the paper and place the pan (which is the bottom only) in a 400°F. oven. It'll take 10 minutes, approximately, to become golden brown. Remove the pastry and cool it, leaving it right where it is, on the bottom of the spring-form pan.

Now grease the sides of the pan thoroughly with vegetable shortening and fit it over the baked base. Work the remaining two thirds of the dough into a thick rectangle, long and narrow, about twice as wide as the height of the sides of the pan. Now cut the dough in half lengthwise and line the sides, stretching it, if needed, and patting it until it fits. You must be sure to cover the sides completely; in stretching the dough, it will be thin and might break. Don't let that worry you; patch it. Set the lined pan in a cool place while you prepare the filling.

Turn oven up to 500°F., very hot. You will need 2½ pounds of soft cream cheese. You can buy this in bulk in some delicatessen stores, or you can use 5 8-ounce packages. Beat this in a big bowl until it's fluffy, using your electric beater. In another bowl mix with a fork 1¾ cups superfine sugar, 3 tablespoons family flour, ¼ teaspoon salt, ¼ teaspoon grated orange rind, ½ teaspoon grated lemon rind, and ¼ teaspoon vanilla. Very, very slowly, beating all the time, add the flour mixture to the cheese. When it is smooth as velvet, add, one at a time, 5 whole eggs. Drop them in from the shell and do your beating as you add them. At the last add 2 egg yolks and beat in ¼ cup heavy cream. After all ingredients are homogenized, turn the filling into the pastry-lined pan. Remember, the bottom is baked, the sides are not. Just so you won't panic. Bake in your 500°F. oven for 12 minutes. Don't open the oven door! Now turn your oven down to very, very low, 200°F. if possible, and bake the cake for 1 hour longer.

Remove your cake from the oven and cool it on a wire rack, away from any draft. It will shrink slightly as it cools. Let it cool, then loosen the sides of the cake with a spatula. Now remove the sides of the pan. Leave the cake on the bottom. Chill and serve cold. You'll have 16 good servings.

INGREDIENTS:

For the pastry: 1 cup flour; ¼ cup sugar; 1 teaspoon grated lemon rind; ¼ teaspoon vanilla; ½ cup butter or margarine; 1 egg yolk.

For the filling: 2½ pounds of soft cream cheese; 1¾ cups superfine sugar; 3 tablespoons family flour; ¼ teaspoon salt; ¼ teaspoon grated orange rind; ½ teaspoon grated lemon rind; ¼ teaspoon vanilla; 5 eggs; 2 egg yolks; ¼ cup heavy cream.



When a direction for cakes or cookies calls for melting chocolate, remember to butter your pan well. Get the pan warm with melted butter, then add the chocolate. The chocolate won't stick.



There was a time when a cake bought at a country cake sale was a delight and a joy. Nowadays, when I see such, I ask which cakes were made of mixes and which are from scratch. Disappointments come and go, and one group now makes all the contributing housewives sign an affidavit that they have not resorted to a mix. As it should be!



A lady in Salem, New Jersey, told me about a **CHOCOLATE UPSIDE-DOWN CAKE**. I tried it and it was as she said. All you have to do is melt 2 tablespoons butter with 1 square unsweetened chocolate and add $\frac{3}{4}$ cup sugar. Remove from heat. In a separate bowl, sift 1 cup flour with 2 teaspoons baking powder and $\frac{1}{8}$ teaspoon salt. Add the dry ingredients to the chocolate mixture alternately with $\frac{1}{2}$ cup milk and $\frac{1}{2}$ teaspoon vanilla. Mix well after each addition, then pour into a buttered 8 x 8 x 2-inch-square cake pan. Sprinkle with $\frac{1}{2}$ cup broken nutmeats.

Blend $\frac{1}{2}$ cup granulated sugar with $\frac{1}{2}$ cup light brown sugar and 4 teaspoons cocoa. Spread this mixture over the cake dough. Then pour 1 cup boiling water over all. Bake 40 minutes in a 350°F. oven. When it's cold, serve with whipped cream.

INGREDIENTS: 2 tablespoons butter; 1 square unsweetened chocolate; $\frac{3}{4}$ cup sugar; 1 cup flour; 2 teaspoons baking powder; $\frac{1}{8}$ teaspoon salt; $\frac{1}{2}$ cup milk; $\frac{1}{2}$ teaspoon vanilla; $\frac{1}{2}$ cup broken nutmeats; $\frac{1}{2}$ cup granulated sugar; $\frac{1}{2}$ cup light brown sugar; 4 teaspoons cocoa; 1 cup boiling water; whipped cream.

I like icebox cakes. Maybe that's because I still call my icebox an icebox; not a refrigerator. Here's a **COFFEE ICEBOX CAKE**. Use your electric beater to cream $\frac{3}{4}$ pound (3 sticks) butter or margarine (either one is good here) with $1\frac{3}{4}$ cups powdered or confectioners' sugar. When all is smooth, add 4 egg yolks and $\frac{3}{4}$ cup strong coffee. Beat until smooth and creamy. Spread some of this mixture around the sides and bottom of a bread loaf pan, then set in a layer of halved ladyfingers lengthwise in the

pan. Spread another thick layer, then more ladyfingers, until you've used **2½ dozen ladyfingers** and all the cream. Place in your refrigerator for several hours or your freezer for 15 minutes. Keep it, then, in your refrigerator until serving time. Unmold and decorate with **whipped cream**. This will slice to serve 12; or will give seconds to 6. Have it your own way.

INGREDIENTS: ¾ pound butter or margarine; 1¾ cups powdered sugar; 4 egg yolks; ¾ cup strong coffee; 2½ dozen ladyfingers; whipped cream.

This is a cake called **CRAZY CAKE**. People in the country know this rule. A family-type cake. The reason it's called "crazy" is that you'll think it is; such a ridiculous recipe. But it's good, believe me.

First nice thing, you mix it all in its own baking pan. Use a 9-inch-square ungreased pan. Sift into it **1½ cups sifted flour**, **1 cup sugar**, **3 tablespoons cocoa**, **1 teaspoon baking soda**, and a pinch of salt. Mix these all up. Make three little wells. In one well place **1 teaspoon vanilla**. In another, place **1 tablespoon vinegar**. In the third, place **6 tablespoons melted shortening** (I like margarine, but you can use any vegetable shortening, even the liquid which eliminates the melting process). Over the whole thing, pour **1 cup cold water**. Now, right in the pan, beat thoroughly with a wire whisk or electric handbeater until there are no lumps. Bake 27 (yes, I said 27) minutes at 375°F. Serve warm with sifted **confectioners' sugar**, or hot, as a pudding, with **vanilla ice cream**.

INGREDIENTS: 1½ cups sifted flour; 1 cup sugar; 3 tablespoons cocoa; 1 teaspoon baking soda; pinch of salt; 1 teaspoon vanilla; 1 tablespoon vinegar; 6 tablespoons melted shortening; 1 cup cold water; confectioners' sugar or vanilla ice cream.



Some people have trouble getting cakes out of pans, they tell me. One way to be sure is to cut out waxed paper the shape of your tins. Just let the pans rest on four or five

thicknesses of waxed paper held together with paper clips. Draw a line around the edge of the pan. Cut with a scissors. Do a couple dozen while you're at it. The cakes come right out, the paper peels right off.

Other people like to grease cake pans copiously with vegetable shortening (don't use butter or margarine, they burn) and then flour thoroughly. Shake about $\frac{1}{4}$ cup of flour around in the pan, discard the excess. This works too.

My mother, now, she used to grease, flour, *and* place a moist cloth over the bottom of the hot tin. She'd let it stand a few minutes. The steam that forms loosens the cake.



Just before this book went to press, I served as one of the national judges for the Mrs. America Homemaking Contest. One of the events I was called upon to judge was the Cake-Baking event. The contestants, who had won similar contests in their home states, had to bake a cake, cool it, and ice it, all within two and a half hours. It was a difficult task for the judges, not only to taste fifty-one cakes, but to decide on which was the best, not only in appearance but in flavor. This cake was the winner of them all, and I must add that little Lynn Cardiff, "Mrs. Texas," a young thing, mother of four, and inventor of this cake, was one of the darlings of them all. She nearly made "Mrs. America," too; she was first runner-up. Here's her cake.

SUNNY LEMON CELEBRATION CAKE. Start oven and turn it to 325°F.; grease a 10-inch tube pan. Sift together **3 cups flour**, $\frac{1}{2}$ **teaspoon salt**, $\frac{1}{2}$ **teaspoon baking soda**. Cream **1 cup** (2 sticks) **butter**, gradually adding **3 cups sugar**, creaming well until very smooth and rich. Add **5 eggs**, all at one time. (There's a girl after my heart!) Beat 10 minutes at medium speed. (Obviously you can use an electric mixer and go off and do something else at this point.)

Add dry ingredients alternately with **1 cup buttermilk** combined with **1½ teaspoons lemon extract**, beating after each addition. When thoroughly combined, turn batter into your greased 10-inch tube pan and bake 90 minutes (an hour and a half) at 325°F.

While the cake is baking, prepare a **lemon glaze**. Mix **1 cup sugar** and **½ cup water** in a saucepan. Bring this to a boil and stir it until it is clear, which takes a minute or two. Now add **1 teaspoon lemon extract**.

When the cake tests done (see page 170 for ways of testing), let it cool for 5 minutes, then turn it out on a cake rack. Invert it on another cake rack, so the top is up (unless you want to use the bottom as the top) and pour or brush over it, *while it's still hot*, the lemon glaze.

Now let the cake come to room temperature. At this time, prepare the **lemon frosting**: Melt **¼ cup** (½ stick) **butter** in **½ cup milk** over low heat. Stir in **1 pound sifted confectioners' sugar**. Add a few drops of **yellow food coloring**. As soon as it is smooth and combined and in a state for spreading, spread it over the cake. The frosting is not thick. Lynn spread it only on top and let it run down the sides.

INGREDIENTS: 3 cups flour; ½ teaspoon salt; ½ teaspoon baking soda; 1 cup butter; 3 cups sugar; 5 eggs; 1 cup buttermilk; 1½ teaspoons lemon extract.

For the lemon glaze: 1 cup sugar; ½ cup water; 1 teaspoon lemon extract.

For the lemon frosting: ¼ cup butter; ½ cup milk; 1 pound sifted confectioners' sugar; yellow food coloring.

Gingerbread is always with us, young or old that we may be. And this, **CATHERINE'S REFRIGERATED GINGERBREAD** is a fine way with it. Cream with your electric beater **1 cup fresh fine-quality lard** and **1 cup dark brown sugar**. Remember to pack the sugar down into the cup when you measure it; as for the lard, just be sure it's fresh and the best you can buy. Add **1 cup molasses**, then **3 beaten eggs**, then **1 cup hot water**, beating well after each addition. In another bowl sift together **3 cups sifted flour**, **1 teaspoon baking soda**, **½ teaspoon salt**, **2 tablespoons cinnamon**, and **2½ teaspoons ginger**. Mix these dry ingredients thoroughly into the first mixture. Refrigerate and bake as you need it. This will keep several days, properly chilled. Bake in a greased square pan at 350°F. for 30 minutes or until it tests done. This is at its best, as is all gingerbread,

served hot with whipped cream. It's good, too, with cream cheese whipped with heavy cream until it's fluffy and mixed with dates and nuts.

INGREDIENTS: 1 cup fresh fine-quality lard; 1 cup dark brown sugar; 1 cup molasses; 3 eggs; 1 cup hot water; 3 cups sifted flour; 1 teaspoon baking soda; $\frac{1}{2}$ teaspoon salt; 2 tablespoons cinnamon; $\frac{3}{4}$ tablespoon ginger.

Here's a divine **RUM CAKE** which calls for egg yolks only. If you've just made a recipe using only the whites of the eggs, or if you're about to, this is for you. You know, if you will add a bit of sugar to beaten egg yolks, you can freeze them in little jars to be used again for baking purposes. If you add salt, you can use them for scrambled eggs.

Well, anyway, this is a rum cake I know about. Slice **1 10-inch layer of sponge cake** in 3 layers horizontally. Set the layers aside.

Combine in top of a double boiler (or directly over medium heat if you'll agree not to leave it for a moment and to stir like mad—it gets done much more quickly this way, but it's not so safe) **8 egg yolks, 3 tablespoons superfine sugar** and beat with electric hand-mixer until ungranular and lemon-yellow. Add **$\frac{1}{2}$ cup Marsala wine or sherry** and mix well with your beater. Now place over boiling water, or as suggested before, over direct heat, stirring constantly until it *begins* to thicken. Remove it immediately from heat or hot water. It will continue to thicken as it cools. Stir once or twice. Let it cool to room temperature.

On the first layer of cake, dribble **$\frac{1}{4}$ cup light sweet rum**. Spread one third of the custard over this. Top with another layer of the cake, another dribbling of the rum, another third of the custard. Repeat with the top layer. Set in refrigerator and let it chill thoroughly, for at least 3 hours, preferably all day. Just before serving, whip **1 cup heavy cream**, add **1 tablespoon sugar** and **1 teaspoon rum**, combine them with the cream and spread this all over the top and sides of the cake. Decorate with **candied fruit**. A dream, a dream.

INGREDIENTS: 10-inch layer of sponge cake; 8 egg yolks; 3 tablespoons superfine sugar; $\frac{1}{2}$ cup Marsala wine or sherry; $\frac{1}{4}$ cup light sweet rum; 1 cup heavy cream; 1 tablespoon sugar; 1 teaspoon light sweet rum; candied fruit.



You know how I feel about sponge cakes, I guess. My Mama's Sponge Cake in the first cookbook is an example of a truly delicious, light, perfect sponge cake—and so easy. Evidently in 1857, this was not considered easy to do. A lady named Miss Leslie has a cookbook I cherish. In it she says: "Many persons suppose that sponge cake must be very easy to make, because there is no butter in it. On the contrary, the want of butter renders it difficult to get light. A really good sponge cake is a very different thing from those numerous tough leathery compositions that go by that name, and being flavored with nothing, are not worthy of eating *as cake*, and are neither palatable nor wholesome as diet, unless too fresh to have grown dry and hard. The best sponge cake we know of is made as follows and even that should be eaten the day it is baked." She then goes on with a complicated list of instructions. I don't mind, though; she's such a darling; so cross with everybody who doesn't take the practice of cooking seriously.



Angel and sponge cakes should be cooled, upside down, in their own pans. Many times these have legs on them so you don't need (nor do you want) a rack. If your pan does not have legs, the pan can be put over a bottle, the neck of the bottle going into the tube of the pan. When the cake is thoroughly cooled, loosen it all around with a spatula, press the removable bottom, and the cake will fall onto a rack, supplied for this occasion. The cake will be fastened to the bottom, and all you need to do now is slide your spatula around the bottom and this too will release. Immediately, return the cake to a topside position. Otherwise the top will have the lines of the rack on it.



This is Lucinda's favorite. She's been baking this cake since she was seven. It is another old, old cake, which asks only that you add everything at one time and don't forget anything. **AUNT TAT'S SPICE CAKE.** Add, as I said, all together 1 cup sugar, 1 cup commercial sour cream, 1 teaspoon soda, 1 egg, 1 rounded cup flour (we'd call that $1\frac{1}{8}$ cups), 1 teaspoon salt, 1 teaspoon ground cinnamon, $\frac{1}{2}$ teaspoon ground cloves, $\frac{1}{2}$ teaspoon ground allspice. Beat with electric mixer until combined and smooth. Pour into an 8 x 8 x 2-inch-square cake pan and bake at 350°F. for 30 to 35 minutes. This is a very, very good, simple cake. Serve it hot with **confectioners' sugar** or **whipped cream**.

INGREDIENTS: 1 cup sugar; 1 cup commercial sour cream; 1 teaspoon soda; 1 egg; 1 rounded cup flour; 1 teaspoon salt; 1 teaspoon ground cinnamon; $\frac{1}{2}$ teaspoon ground cloves; $\frac{1}{2}$ teaspoon ground allspice; confectioners' sugar or whipped cream.

A SOUR CREAM SPICE CAKE can be a help around the house; and this is a beautiful one. Cream until smooth, with your electric beater, $\frac{1}{2}$ cup soft margarine and 2 cups light brown sugar. Add 3 beaten egg yolks. In a separate bowl, sift $1\frac{3}{4}$ cups sifted flour, $\frac{1}{4}$ teaspoon salt, 1 teaspoon soda, 2 teaspoons cinnamon, 1 teaspoon cloves. Add dry ingredients to the egg mixture alternately, a little at a time, with 1 cup commercial sour cream. Stiffly beat 3 egg whites, then fold them in carefully. Pour into a well-greased and floured 9-inch-square cake pan and bake for 50 minutes at 350°F. Sprinkle with **powdered sugar** to serve.

INGREDIENTS: $\frac{1}{2}$ cup soft margarine; 2 cups light brown sugar; 3 eggs; $1\frac{3}{4}$ cups sifted flour; $\frac{1}{4}$ teaspoon salt; 1 teaspoon soda; 2 teaspoons cinnamon; 1 teaspoon cloves; 1 cup commercial sour cream; powdered sugar.



If you have trouble cutting fresh cakes, just dip your knife (a serrated edge is best) in boiling water. Troubles disappear. Dip with each slice.



Add 1½ tablespoons instant coffee to the milk called for in your recipe for white cake. You'll be glad you did.



A lively grandma from Virginia tells me that when she is visiting her married children she always ensures a special welcome by bringing with her a Virginia ham and her special chocolate cake. After testing the cake, I don't wonder. It's the **BLACK VELVET ICING** that's her secret. And this is her recipe. My comments are in brackets. Have you noticed how simple most of these wonderful old recipes are?

"Melt ¼ pound sweet chocolate," she says, "and, as soon as it's melted, put in 4 full tablespoons of powdered sugar. Stir well. Then put in 3 beaten eggs. Cook until thick, either in a double boiler or [as I do] over the direct flame, stirring constantly. When it is thick, add 4 tablespoons butter. Stir once more, then let it cool. Spread it on white angel cake or chocolate cake. [Or cup cakes. Or eat as is!]"

INGREDIENTS: ¼ pound sweet chocolate; 4 full tablespoons powdered sugar; 3 eggs; 4 tablespoons butter.

Then there's the icing called **GREEN MOUNTAIN ICING**, which will never harden but will hold its shape and stay soft. Combine in a heavy saucepan 1 cup sugar, a pinch of salt, ½ cup water, ½ teaspoon vanilla, and 2 tablespoons **Karo syrup**. Boil this to 238°F. Don't try this without a candy thermometer. It's just too much trouble. Pour one third of it over 2 beaten egg whites. Don't do anything to that, but cook the last two thirds to 242°F. Pour another third on the egg white business. Continue cooking the last third to 245°F. Pour that over the rest. Stir to combine. That's all.

INGREDIENTS: 1 cup sugar; pinch of salt; ½ cup water; ½ teaspoon vanilla; 2 tablespoons Karo syrup; 2 egg whites.



When you're frosting little cakes, insert the tines of a fork part way through each cake to hold it while you frost the sides.



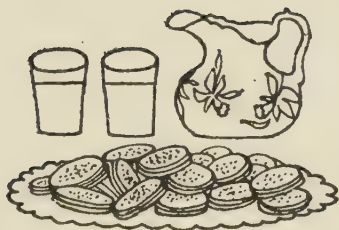
If you're called away while you're icing a cake, lay a wet cloth over the bowl—let it touch the icing itself—and everything will be soft and fine when you return.



A sauce for gingerbread or for Aunt Tat's spice cake makes use of leftover egg yolks. How are we ever going to even them up, those egg yolks and egg whites? Just keep trying. Anyway, this is a fine sauce; try it with angel cake, for that matter. We call it **GINGERBREAD SAUCE**, though it's not just for gingerbread, nor is it made of gingerbread. Oh, well. Combine **3 egg yolks**, **$\frac{3}{4}$ cup orange juice**, **1 teaspoon grated orange rind** (grate the rind before you squeeze the juice, it's easier), **$\frac{1}{3}$ cup sugar** and a **pinch of salt**. Cook this over hot water in the top of your double boiler until it starts to thicken. Remove it promptly. Don't dawdle here. Chill until cooler than room temperature; you can do this quickly in the freezer. Fold in **$\frac{1}{2}$ cup heavy cream**, whipped stiff.

INGREDIENTS: 3 egg yolks; $\frac{3}{4}$ cup orange juice; 1 teaspoon grated orange rind; $\frac{1}{3}$ cup sugar; pinch of salt; $\frac{1}{2}$ cup heavy cream.

KEEP THE COOKIE JAR FILLED!



Cookies aren't just for youngsters. Have some on hand at all times, in your freezer, if possible; cookies with a dish

of fresh strawberries, tucked around a scoop of chocolate ice cream, crumbled on a custard at the last—these make your desserts far more interesting than they might otherwise be.

As for us, we have a cookie jar. It's the first point of business for the children when they come home from school. Nothing like a fresh batch of some new sort for them to taste, to discover.



Last winter the children and I decided to go on a cookie-baking spree. Every afternoon after school, there would be a new cookie to be judged. Our cookie jars were full, our children were happy, and we received solemn, considered opinions on each one. When we were through, we had arrived at three most-loved sorts: sour cream drop cookies, chocolate drop cookies, and lemon ginger drop cookies. Here they are, and may I remind you to always use *pure* vanilla when I, or any other person giving you a recipe, call for vanilla. It's a foolish economy to get the imitation flavor, either in vanilla or any other variety.

First, **SOUR CREAM DROP COOKIES**. Sift together **2½ cups pre-sifted family flour** and **½ teaspoon salt**. Set aside. Now cream **½ cup (1 stick) butter or margarine** with **1½ cups light brown sugar**. When very creamy and smooth, add **2 eggs**, beat to mix thoroughly. Dissolve **1 teaspoon baking soda** in **1 cup commercial sour cream** and add to the butter-and-egg mixture. Stir in the sifted dry ingredients, then add **1 teaspoon vanilla** and, if you'd like, **¾ cup chopped walnuts**. Drop the batter from a teaspoon onto a lightly greased cookie tin. Grease it with a vegetable shortening. About 7 or 8 minutes at 350°F. is enough for these small-sized cookies. If you want them larger, you'll need 8 to 10 minutes. Taken from the oven while still a little soft, they are far superior; chewy and nice. Remove them from the cookie sheet with a pancake turner as soon as you get them out of the oven; cool them on a cookie rack. This makes scads; about 50 little ones, anyway. It all depends on the size you want. They won't last, in any case, no matter what size or how many.

INGREDIENTS: 2½ cups pre-sifted family flour; ½ teaspoon salt; ½ cup butter or margarine; 1½ cups light brown sugar; 2 eggs; 1 teaspoon baking soda; 1 cup commercial sour cream; 1 teaspoon vanilla; ¾ cup chopped walnuts.

Next, and I guess tied for first, are the **CHOCOLATE DROP COOKIES**. Cream **1 cup sugar** with **½ cup butter or margarine**. Smooth is the way. In a separate bowl, beat **1 egg** and stir in **¾ cup milk**. When combined, add this to the sugar-butter mixture and beat together until thoroughly assimilated. Now sift **2 cups pre-sifted family flour** with **2 teaspoons baking powder**. Beat the dry ingredients into the liquid ingredients. Melt **2 squares unsweetened chocolate** and add it to the batter with **½ teaspoon vanilla**. Blend it well. Then drop the batter from a teaspoon, two inches apart, onto a greased cookie tin and bake 7 to 10 minutes in a 425°F. oven. You'll have 4 or 5 dozen. Get them out of the oven as soon as they're done, but, as mentioned before, keep them soft.

INGREDIENTS: 1 cup sugar; $\frac{1}{2}$ cup butter or margarine; 1 egg; $\frac{3}{4}$ cup milk; 2 cups pre-sifted family flour; 2 teaspoons baking powder; 2 squares unsweetened chocolate; $\frac{1}{2}$ teaspoon vanilla.

Third cookie recipe. **LEMON GINGER DROP COOKIES.** Cream together until fluffy 1 cup butter and 2 cups light brown sugar, then add 2 unbeaten eggs, $\frac{1}{3}$ cup commercial sour cream, 1 teaspoon lemon extract, 1 teaspoon vanilla. Combine all with your electric beater until you have a smooth batter. In another bowl sift together $3\frac{1}{2}$ cups family flour, 2 teaspoons baking soda, 2 teaspoons cream of tartar, 1 teaspoon salt, and 2 teaspoons ground ginger. Add the dry mixture to the butter-sugar-egg batter and beat with your electric mixer until the dry ingredients are thoroughly absorbed. Drop the batter from a teaspoon, 2 inches apart, onto a lightly greased cookie sheet. These take 10 to 12 minutes in a 350°F . oven, but check them and get them out when they're done. Take them off the pan with a pancake turner and cool on a cake rack. About 5 or 6 dozen little cookies come from this amount.

INGREDIENTS: 1 cup butter; 2 cups light brown sugar; 2 eggs; $\frac{1}{3}$ cup commercial sour cream; 1 teaspoon lemon extract; 1 teaspoon pure vanilla; $3\frac{1}{2}$ cups family flour; 2 teaspoons baking soda; 2 teaspoons cream of tartar; 1 teaspoon salt; 2 teaspoons ground ginger.



Did you know that if you fill a cookie tray only partially the cookies that are on the sheet might burn? They get all the heat, instead of only their share. To avoid this, if you're down to 4 or 5 cookies at the end of a batch, bake them on the bottom of an inverted pie tin.



And do you freeze your cookies? Loosen them first, then freeze them on cookie tins. As soon as they're hard and thoroughly frozen, drop them in a plastic bag; dig them out from there. If you put them in the bag still warm. or even

at room temperature, they often stick together and always lose their shape.



The following recipe is for the **GINGERBREAD COOKIES** you need if you're about to make some gingerbread men for the young, or any other cut-out cookie for the holidays. It is malleable, stands lots of handling, and, in the end, when you are finally allowed to eat it, it is delicious. You can follow any pattern you'd like by simply cutting out the pattern on heavy paper, placing it on the rolled-out dough ($\frac{1}{4}$ inch is the right thickness) and cutting out the outline of the pattern with a sharp knife. If you have details in the cookie itself, such as necklaces, hair, eyes, etc., follow these from the pattern, using a needle right through the pattern and onto the dough. When you lift the pattern off, you have a perforated outline of the details. Bake the cookies, as directed, and, when they are cool, you will be able to follow easily the perforated lines. Use plain decorators' icing divided into several bowls. Color each bowl of icing with vegetable food-coloring and then paint your cookies with clean paint brushes. This is an occupation that has always enchanted my children. Try it with yours.

For the cookie, itself: Cream thoroughly until smooth and ungranular **1 cup shortening**, preferably butter—though margarine will do. Add **1 cup light brown sugar** and **1 cup light molasses** and beat, with the electric beater you used for the creaming, until everything is light and fluffy. Add **2 unbeaten eggs** and get them thoroughly combined. In a separate bowl, sift together **6 cups pre-sifted family flour**, **1 teaspoon nutmeg**, **1 teaspoon baking soda**, **2 teaspoons baking powder**, **2 teaspoons ground ginger**, **2 teaspoons ground cloves**, and **2 teaspoons ground cinnamon**. Add the dry ingredients to the molasses-sugar-shortening mixture; beat to combine thoroughly. Chill the batter in the refrigerator an hour or so or in the freezer about 10 minutes. The dough will keep well, so that you can take your time about baking the cookies, doing only those you want to decorate at one time. If the cookies

are going to be large, roll out a piece of the dough directly on the floured cookie sheet, and then cut it out and perforate the design as described above. This eliminates the need for transferring the unbaked dough from one spot to another. Bake the cookies in a preheated oven at 350°F. They will be done in 12 minutes. Remove them from the cookie tin after they've cooled thoroughly, and not before, using a pancake turner to loosen them; then transfer them to a wire rack. Leave them alone for about a half hour after they've come out of the oven; then decorate them. The recipe will give you loads of dough, enough to make 2 or 3 dozen large cookies, and many, many more small ones.

For the Decorator's Icing: This couldn't be simpler. Just add the whites of 3 eggs to 1 pound confectioners' sugar. Beat them together with a wooden spoon. The icing will be thin enough to handle with a brush. If, after testing, it is too thin and you can see through to the cookie, add a little sugar to thicken. If it's too thick, add a little water to thin. You'll have close to 2 cups of icing. As discussed before, divide it into little bowls and color in four or five colors. You'll want to keep one white. Be sure, if you want to use more than one color on one cookie, to let the first color dry thoroughly before working with a second color. If they meet when they're both wet, they will run. When everything is dry, brush the whole cookie with unbeaten egg white, one color at a time so you won't smear them. This will preserve them for a long time.

These cookies can be a work of art. It's a problem deciding which ones to eat. Better bake some for eating and some for showing; you won't need to be a Solomon then.

INGREDIENTS: 1 cup butter or margarine; 1 cup light brown sugar; 1 cup light molasses; 2 eggs; 6 cups pre-sifted family flour; 1 teaspoon nutmeg; 1 teaspoon baking soda; 2 teaspoons baking powder; 2 teaspoons ground ginger; 2 teaspoons ground cloves; 2 teaspoons ground cinnamon.

For the icing: 3 egg whites; 1 pound confectioners' sugar.

Here's a "mix-all-together" cookie. Tastes like heaven. We call them **HEAVENLY COOKIES**. Place in a bowl, all at once, $\frac{1}{2}$ pound (2 sticks) butter or margarine, 2 cups flour, $\frac{1}{2}$ cup sugar, 1 cup ground almonds, and 2 teaspoons vanilla. The almonds should be ground without blanching, which means you don't need to pour boiling water on them to remove the skins before grinding them. Also, there's a nice little nut grinder that does an excellent job, called a Mouli Rotary Grater. I got mine in the housewares department of a department store and love it. It's made by the Mouli Company in Jersey City, in the event you can't get one when you try.

Well, anyway, you mix everything together and with your fingers shape the dough into little crescents. Place them about 2 inches apart on a lightly greased cookie sheet. Bake them at 325°F. for 50 minutes, a long time. You'll have 40 or 50 little ones. These are exquisite tea cookies; I call them a grown-up's cookie, if there is such a thing.

INGREDIENTS: $\frac{1}{2}$ pound butter or margarine; 2 cups flour; $\frac{1}{2}$ cup sugar; 1 cup ground almonds; 2 teaspoons vanilla.

Truly delicious cookies, beloved in our family, are these **COCONUT REFRIGERATOR COOKIES**. Cream $1\frac{1}{2}$ cups granulated sugar with $1\frac{1}{4}$ cups margarine until very fluffy and smooth. Add 2 eggs and beat well, then add 1 teaspoon vanilla and beat again. Sift together $3\frac{1}{2}$ cups pre-sifted flour, 1 tablespoon baking powder, and $\frac{1}{4}$ teaspoon salt, and add these dry ingredients. You'll have a very dry mixture and at the end you'll need to use floured hands to combine everything. Now combine with the rest $1\frac{1}{2}$ cups Angel-Flake-type coconut, packed tightly. Again, it's your fingers that will do this job. Pack the batter into $1\frac{1}{2}$ -inch rolls, wrap them tightly with saran and chill them in the refrigerator. When you want cookies, slice the roll into the number of cookies you want to bake and bake them on an ungreased cookie tin for 6 minutes at 400°F. These are lethal; you simply won't be able to let them be. The recipe will give you 5 or 6 dozen.

INGREDIENTS: $1\frac{1}{2}$ cups granulated sugar; $1\frac{1}{4}$ cups margarine;

2 eggs; 1 teaspoon vanilla; $3\frac{1}{2}$ cups pre-sifted flour; 1 tablespoon baking powder; $\frac{1}{4}$ teaspoon salt; $1\frac{1}{2}$ cups snowflake-type coconut.

I have always said that some of the best recipes come to us in bags of flour and packages of lard. This is one of them, a delicious cookie for the young. They're called **PEANUT DELIGHTS**. Sift together $1\frac{3}{4}$ cups pre-sifted family flour, 1 teaspoon baking soda, and $\frac{1}{2}$ teaspoon salt. Cream together until light and fluffy (you use your electric beater at high speed, you know, for creaming) $\frac{1}{2}$ cup margarine and $\frac{1}{2}$ cup smooth peanut butter. Then, slowly, beating all the time, add $\frac{1}{2}$ cup granulated sugar, and $\frac{1}{2}$ cup firmly packed light brown sugar. Be sure the sugar is well integrated into the shortening and thoroughly ungranular before going on. Now add 1 egg, unbeaten; 2 tablespoons milk; and 1 teaspoon vanilla. Again, beat thoroughly to blend. Now add, gradually, the dry ingredients, beating well.

Form little balls of this dough, about a rounded teaspoonful to each one, and roll them in sugar, lightly. Place the cookies on an ungreased baking sheet as they are ready, and, when you have a full sheet of them, bake them at 375°F . for 8 minutes. At this point, remove them from the oven, and set a **milk-chocolate kiss** (Hershey's, I guess, is the only variety of these) on each cookie, pressing it down firmly. The cookies will crack around the edges. Return the cookies to the oven and bake 3 or 4 minutes longer, until they are done. About 3 or 4 dozen, according to the size of your cookies.

INGREDIENTS: $1\frac{3}{4}$ cups sifted family flour; 1 teaspoon baking soda; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ cup margarine; $\frac{1}{2}$ cup smooth peanut butter; $\frac{1}{2}$ cup granulated sugar; $\frac{1}{2}$ cup firmly packed light brown sugar; 1 egg; 2 tablespoons milk; 1 teaspoon vanilla; sugar; milk-chocolate kisses.

JOE FROGGERS is the name of a beloved New England cookie. They're large, chewy, and properly should be accompanied by large mugs of hot chocolate or coffee. This recipe

will give you 4 dozen large (5-inch) cookies. The dough does best if it's prepared and then kept overnight in the refrigerator. If you're in a big rush, children panting at your side, place the dough in the freezer for 10 or 15 minutes, then bake them.

Cream together, using high speed on your electric beater, **1 cup margarine** and **2 cups granulated sugar**. When the mixture is fluffy and ungranular, it's light enough to go on to the next thing, which is to mix together **1 tablespoon salt**, **¾ cup water**, and **¼ cup light Jamaica rum**. I guess it doesn't have to be Jamaica rum; any rum ought to do as well. Add **2 teaspoons baking soda** to **2 cups dark molasses** and combine this with the watered rum (or the rummy water, have it as you will.)

Now you have two mixtures: the creamed shortening and sugar, and the liquid mixture of rum and molasses, etc. Sift together, in a separate bowl, **7 cups family flour**, **1 tablespoon powdered ginger**, **1 teaspoon ground cloves**, **1 teaspoon ground nutmeg**, and **½ teaspoon ground allspice**. You now have a third, a dry, mixture.

Add the liquid mixture, alternately with the dry mixture, to the creamed mixture. Beat it well between each addition, keeping everything smooth. The dough will be sticky at this point, and probably you'll have to give up the beater and do the end of this with a wooden spoon. Now refrigerate the dough overnight in a floured bowl, or, as suggested before, chill in the freezer for a short period.

When you're ready to bake them, roll out the dough on a floured board. They are thick cookies, ½ inch when unbaked. Cut them out with a 5-inch cutter—if you don't have one, use a flower vase or something like that. Bake the Joe Froggers in a moderate (375°F.) oven for 10 or 12 minutes on an ungreased cookie tin. Eat them while they're on the warm side for pure enjoyment and satisfaction. You'll have, as I said before, 4 dozen big ones. If you prefer small ones, you'll be set for the winter.

INGREDIENTS: 1 cup margarine; 2 cups granulated sugar; 1 tablespoon salt; ¾ cup water; ¼ cup light Jamaica rum;

2 teaspoons baking soda; 2 cups dark molasses; 7 cups family flour; 1 tablespoon powdered ginger; 1 teaspoon ground cloves; 1 teaspoon ground nutmeg; $\frac{1}{2}$ teaspoon ground allspice.



Don't fill your oven with cookie sheets. Cookies need air, circulating under and around. One tin of cookies on a rack, and never one under the other. Takes a little longer, but the results are worth it. Besides, you can be washing up the bowls and measuring cups while the cookies are baking.



Of course you have a recipe for **PEANUT BUTTER COOKIES**? We call these **MARIE'S**. Mix together in one bowl $1\frac{1}{4}$ cups flour, $\frac{3}{4}$ teaspoon baking soda, $\frac{1}{2}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ cup margarine, $\frac{1}{2}$ cup peanut butter, $\frac{1}{2}$ cup granulated sugar, $\frac{1}{2}$ cup light brown sugar, and 1 egg. Roll the dough into little balls, drop them on lightly greased cookie tins, and flatten with a fork. These will take 10 minutes in a 350°F . oven, approximately. You'll have 4 or 5 dozen. Watch them go!

INGREDIENTS: $1\frac{1}{4}$ cups flour; $\frac{3}{4}$ teaspoon baking soda; $\frac{1}{2}$ teaspoon baking powder; $\frac{1}{4}$ teaspoon salt; $\frac{1}{2}$ cup margarine; $\frac{1}{2}$ cup peanut butter; $\frac{1}{2}$ cup granulated sugar; $\frac{1}{2}$ cup light brown sugar; 1 egg.

BAKED IN A PIE



For five years I have run a cooking school at Blueberry Hill, with a branch in the Boston area, and far more than other

bits of knowledge, the most wanted information by my students has been how to bake a pie. I can understand this. There is something rather formidable about the whole idea of actually preparing and rolling out and baking a piecrust that will not be scrupulously scraped clean of its filling and left, an accusing wedge, on its plate. Next to baking bread, which is in a class by itself, the glory adhering to the cook after producing a flaky crust cannot be underestimated.

There's one piecrust I swear by. I've given it to those who have my first cookbook, then I repeated it in the second, and, in the expectation that you might not have either of these, I shall repeat it later. It's Elsie's Piecrust; it's easy; it's fool-proof (anybody, just anybody can do it successfully); and it tastes glorious—light, flaky, a delicious item in itself. And don't forget that it can be made in large quantities up to the point of adding the liquid ingredients, then packed in glass screw-top jars and kept on hand. Piecrust mix you have then, to be used when the time comes.

This is an **ITALIAN APPLE PIE**, quite different from the pies you probably know of. It calls for a 10-inch-deep pie plate, lined with **rich piecrust** (see page 194). I always measure the number of apples needed for a pie by the number of inches in the pie plate, so for a 10-inch pie, I usually start with about 10 apples. An apple an inch; an apple a slice of pie. Peel them, and make sure that they are tart. Cook your **10 tart peeled and cored apples**, sliced as for pie (which they're for), in a simmering syrup of **1 cup hot water**, **2 cups sugar**, and **½ teaspoon lemon juice** an apple at a time. When the slices are tender and transparent, a matter of 3 or 4 minutes, lift them out with a slotted spoon, holding them over the still-simmering syrup to drain, and set them in the unbaked pie shell. After all the apples are in the pie, enough to fill it nicely, continue to boil the syrup with **1 teaspoon vanilla** until it is quite thick, another 5 or 10 minutes. Pour it over the apples. Sprinkle the tops of the apples with chopped **candied fruit** and top with a lattice crust. Tuck a 2-inch strip of aluminum foil around the edges to prevent burning, brush the top crust with egg white, then sprinkle it with granulated sugar, and bake the pie until the crust is done, about 25 to 30 minutes at 425°F. or until crust is lightly browned and cooked through. You don't have to worry about cooking the apples, they're cooked, remember? Serve chilled or warm with plain **cream**.

INGREDIENTS: Rich piecrust; 10 tart apples; 1 cup hot water; 2 cups sugar; ½ teaspoon lemon juice; 1 teaspoon vanilla; candied fruit; cream.



Most apple pies call for dotting lavishly with butter before setting on the top crust. Instead of the butter try a cupful of commercial sour cream dropped in dollops around the pie on the apples. Sprinkle a little brown sugar on the sour cream.



And if your apple pie calls for tart apples, as it should, and you have none of these, add 2 tablespoons frozen lemonade concentrate, spread around discriminately.



Maple syrup flavors apple pies nicely. Instead of sugar, that is.



As promised earlier, here's (repeated) my recipe for the pie-crust we all call **ELSIE'S PIECRUST**. The yield is two 10-inch shells, three 9-inch shells, or two 9-inch double-crust pies.

Mix, with a fork, **3 cups sifted flour**, **½ teaspoon salt**, **2½ teaspoons sugar**, **⅓ teaspoon baking soda**. With a pastry blender or two knives, cut in **1 cup (½ package) fine-quality lard** (no other shortening will do) until you have little pieces the size of peas.

In a separate small bowl, beat **1 egg**, **2 tablespoons lemon juice**, and **2 tablespoons cold water**. Add this mixture of liquids, a bit at a time, to the flour mix. Stir it around, first with a fork, then with your floured fingers; then press it lightly together with floured hands. Lightly.

Roll it out till it's about ¼ inch thick, thinner if you prefer, and the right diameter for your pie plate. Be sure the rolling pin and the surface under the pastry are kept floured and you won't have any trouble with sticking. A pastry cloth and a stockinette cover for your rolling pin are good investments for this purpose.

To transfer the crust to the pie plate easily, roll it up on a floured rolling pin, being sure there's some flour on the crust so it won't stick to itself, move the rolling pin over to the plate, then unroll it. It will settle right in place.

For a shell, flute the edges by pinching them symmetrically, make a few cuts on the bottom of the shell to keep it from puffing, tuck a 2-inch strip of aluminum foil around the edges of the crust, over and under (to keep them from getting too brown while letting them take on a light golden color), and bake the shell or shells in a 425°F. oven for about 10 minutes. Set aside to cool.

For a double-crust pie, line pie plate with crust, turn filling into the shell; place top crust over the filling, cutting slits in the top. Brush the top crust with slightly beaten egg white and sprinkle with sugar. Place a strip of aluminum foil around edge to keep it from getting too brown.

INGREDIENTS: 3 cups flour; $\frac{1}{2}$ teaspoon salt; $2\frac{1}{2}$ teaspoons sugar; $\frac{1}{8}$ teaspoon baking soda; 1 cup ($\frac{1}{2}$ package) fine-quality lard; 1 egg; 2 tablespoons lemon juice; 2 tablespoons cold water.

There's an apple cream pie that a lot of you know about. It's in the *Blueberry Hill Cookbook*. For a delicious variation of it, mix, $\frac{1}{2}$ cup white sugar, $\frac{1}{2}$ cup brown sugar, $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{8}$ teaspoon salt; cut in $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) butter until you have a crumbly mixture. Sprinkle 6 cups sliced apples with 2 teaspoons lemon juice, add 1 cup of the sugar mixture and toss it to coat the apples well. Place them in your unbaked pie shell, 10-inch size (see page 194). If you haven't enough apples, peel some more, toss them in, coating them. Sprinkle the remaining $\frac{1}{2}$ cup of the mixture over the top of the apples. Bake the pie in a 450°F. oven for 10 minutes, then reduce the heat to 350°F. ; bake for 25 minutes or until the apples are tender. Carefully pour in $\frac{1}{4}$ cup heavy cream and continue baking for 10 minutes or until the cream is hot and the pie is bubbling all over. Serve warm or cold. Let's call this **APPLE CREAM PIE No. 2.**

INGREDIENTS: $\frac{1}{2}$ cup white sugar; $\frac{1}{2}$ cup brown sugar; $\frac{1}{4}$ cup flour; $\frac{1}{2}$ teaspoon cinnamon; $\frac{1}{4}$ teaspoon nutmeg; $\frac{1}{8}$ teaspoon salt; $\frac{1}{4}$ cup butter; 6 cups sliced apples; 2 teaspoons lemon juice; unbaked pie shell; $\frac{1}{4}$ cup heavy cream.

Here's an old recipe for **PIECRUST**, used by some old-timers still. Combine and chop into small crumbs 3 cups sifted pastry flour, 1 teaspoon salt, 1 cup fresh lard. Refrigerate the crumbs several hours. Add ice water to make soft dough (*sic*). Well, I'll help. You would want about $\frac{1}{4}$ cup ice water. As soon as you can form it into a ball, roll it and spread it with 2 tablespoons butter. Fold it over and roll it again. Refrigerate it, wrapped, until ready to use. It's good, too.

INGREDIENTS: 3 cups sifted pastry flour; 1 teaspoon salt; 1 cup fresh lard; $\frac{1}{4}$ cup ice water; 2 tablespoons butter.

A **MACAROON-TOPPED APPLE PIE** has you fill a greased 9-inch pie pan with **apples**, tart and cut into thin, peeled slices, covered with $\frac{1}{2}$ cup sugar and $\frac{1}{2}$ teaspoon cinnamon. Let them wait awhile. Cream $\frac{1}{2}$ cup sugar with 1 large **tablespoon butter or margarine**, add 1 beaten egg. Combine with $\frac{1}{2}$ teaspoon **baking powder**, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{2}$ cup **flour**. Crumble it up and spread it over your sliced apples. Bake at 375°F. until the apples are tender and the crust is a nice, light brown. Serve this warm, with **cream**. A country dessert.

INGREDIENTS: Tart apples; 1 cup sugar; $\frac{1}{2}$ teaspoon cinnamon; 1 large **tablespoon butter or margarine**; 1 egg; $\frac{1}{2}$ teaspoon **baking powder**; $\frac{1}{4}$ teaspoon salt; $\frac{1}{2}$ cup **flour**; **cream**.

There is **COCONUT CREAM PIE** and there is coconut cream pie. I rarely dare order a slice of one in a restaurant, they're so often a disappointment. However, since the Masterton family is devoted to coconut cream pie, we've experimented around quite a bit and this one is our favorite. Write it in capitals, you'll be safe.

First, prepare and bake a **9-inch pie shell** (see page 194). It will need to be in the oven for about 12 minutes. Poke it with a fork to keep it from puffing out of shape. Set it aside to cool.

In a quart-sized heavy saucepan, mix **1 cup sugar**, $\frac{1}{2}$ cup **flour**, and $\frac{1}{4}$ teaspoon salt. Scald **3 cups milk**—don't boil it—stir it into the sugar mixture and bring it all to a boil over moderate heat, stirring constantly. When it is thick and smooth, continue to cook and stir it for 2 more minutes. Stir a small amount of this hot mixture into **3 egg yolks**, beaten slightly first. Note that you don't add the eggs to the hot mixture; that's a classic rule; add the hot to the eggs, not the eggs to the hot. When the eggs are combined with the small amount of hot mix, return the whole thing to the saucepan, scraping everything in with a rubber spatula. Cook 1 minute more, over very low heat, stirring constantly. Turn off the heat under the pan, add **2 tablespoons butter or margarine**

and allow it to melt. Cool slightly, away from the range. Add **1 teaspoon vanilla** and **½ cup flaked coconut**. This should be, if possible, freshly shredded coconut (shredded by you!) or, if this isn't practical, use the Angel-Flake type now available everywhere. Fold it all together.

Cool the filling to room temperature, then pour it into the baked shell. Beat **3 egg whites** until frothy, then add **½ teaspoon cream of tartar**. Continue beating until the egg whites are stiff, but not dry (this is important). Gradually add **6 tablespoons superfine sugar**, then **1 teaspoon vanilla**, beating until the meringue stands in peaks. If you add the sugar slowly, you'll have no difficulties.

Spread the meringue over the filling, sealing the edges of the pastry with the meringue. In all meringue pies, be sure you spread the meringue so that it clings to the edges; if you don't it will shrink away in baking. Brown in a slow (325°F.) oven for 15 minutes or until the meringue is lightly browned. Cool slowly—out of a draft—and the meringue won't weep.

You can eliminate the meringue, if you prefer, and spread the pie with slightly sweetened whipped cream to which a dash of vanilla has been added.

INGREDIENTS: 1 baked pie shell; 1 cup sugar; ½ cup flour; ¼ teaspoon salt; 3 cups milk; 3 egg yolks; 2 tablespoons butter or margarine; 1 teaspoon vanilla; ½ cup flaked coconut.

For the meringue: 3 egg whites; ½ teaspoon cream of tartar; 6 tablespoons superfine sugar; 1 teaspoon vanilla.

There's a **HOLIDAY CRANBERRY PIE**, made with two crusts or a lattice top crust. Suit yourself. Easy as pie. Mix **2 cups sugar**, **2 tablespoons cornstarch**, **1 cup heavy cream**, and **3 cups chopped cranberries with juice**. Fill prepared crust (see page 194), bake 10 minutes at 425°F. and 40 to 45 minutes at 350°F. That's a 9-inch pie.

INGREDIENTS: 2 cups sugar; 2 tablespoons cornstarch; 1 cup heavy cream; 3 cups chopped cranberries with juice; unbaked piecrust.

Then there's the **BING CHERRY PIE**. Drain the juice from **1 large can of pitted Bing cherries**, mix it with **2 teaspoons of cornstarch**, add the juice of **½ lemon** and **¼ teaspoon cinnamon**. Add the cherries. Turn the mixture into a 9-inch pie plate lined with **rich crust** (see page 194). Tuck a 2-inch strip aluminum foil around the outside rim of the crust. Top with lattice crust and bake as you would any other fruit pie—10 minutes in a hot (425°F.) oven, then 20 to 30 minutes at 325°F. When it bubbles all over, it's done. Serve this with **whipped cream**.

INGREDIENTS: 1 large can pitted Bing cherries; 2 teaspoons cornstarch; juice of ½ lemon; ¼ teaspoon cinnamon; rich unbaked piecrust; whipped cream.



If you want your pies to have a glazed look, brush the tops with melted butter just before setting them in the oven. Another way is to brush them with cream five or ten minutes before they're ready to come out.



Another good **CRANBERRY PIE** uses **frozen cranberries** which come in 10-ounce boxes. To **1 box** of these, chopped or ground, with the juice, you will want **1½ cups sugar**, **1 tablespoon butter**, **1½ teaspoons quick-cooking tapioca**, and **¼ teaspoon nutmeg**. Mix the ingredients around and fill your 9-inch piecrust-lined pan (see page 00). Top with a lattice crust. With the cranberries frozen, you'll want to bake these at 325°F. for 1 hour, after your first 10 minutes at 425°F., that is. If they're not frozen, 30 to 40 minutes at the lower temperature should be about right.

INGREDIENTS: 10 ounces frozen cranberries; 1½ cups sugar; 1 tablespoon butter; 1½ teaspoons tapioca; ¼ teaspoon nutmeg; unbaked piecrust.



Frozen cranberries are as good as fresh ones, so freeze them yourself, remembering this fact.



After a small Gallup-type poll of my guests over the past fifteen years, it seems to me that lemon is the most admired flavor at dessert-time. Except for my husband, John, that is. He can't stand it. And one of the best-loved pies is an old-fashioned **TRUE LEMON TWO-CRUST PIE**.

Line an 8-inch pie plate with **piecrust**—Elsie's (page 194). Keep the crust you'll need for the top in a cool place until you're ready for it.

Grate directly into a bowl the yellow part of the rinds of **2 lemons**, then peel off every bit of the white membrane (which is the cause of bitterness in lemon pies). Then, using a sharp knife and holding the lemons over the bowl containing the rinds to catch the juice, cut out the **lemon sections**, close to the dividing membranes. Drop the sections into the bowl with the rind and the juice and then with your fingers squeeze all the rest of the lemon juice into the bowl. Discard the remaining membranes and seeds.

Pour into a bowl a bit of egg white from **3 eggs**, then beat the 3 eggs very slightly. Gradually beat in **1½ cups sugar** and continue beating until the mixture is smooth and ungranular. Quickly combine the egg-sugar mixture with the lemon pulp, juice, and rind. Pour into the unbaked pie shell.

Roll out the top crust, lay it on the filling, seal the edges, cut decorative vents for the steam to escape. Brush the top crust with the reserved egg white, then sprinkle with **1 teaspoon granulated sugar**. Tuck a 2-inch strip of aluminum foil around the edges of the pie and bake 40 to 45 minutes at 400°F. or until the crust is lightly browned. This pie is supposed to be served cold, but we couldn't wait one day and had it warm. A dream of a pie, either way.

INGREDIENTS: Unbaked piecrust; rinds, pulp, and juice of 2 lemons; 3 eggs; 1½ cups sugar; 1 teaspoon sugar.



We have an elderberry tree in our back yard. The elderberries, added to apples, make a fine pie.



There's a **RUSSIAN PIECRUST** that one prepares by mixing together until malleable $\frac{1}{2}$ cup (1 stick) butter, 1 3-ounce package of cream cheese, and $1\frac{1}{4}$ cups flour. Refrigerate it awhile before rolling it into pastry.



When you're baking a berry pie, to keep the under crust from getting soggy, sprinkle it with sugar, bake it 10 minutes at 425°F., remove it from the oven, fill it with your berry or apple mix, then return it to the oven for 10 more minutes at 425°F. Lower heat and finish baking the regular time. You'll be pleased.



Not many of us come by gooseberries too easily, I know. However, there is no substitute for the flavor of a good **GOOSEBERRY TART** or pie; and, since it's a nostalgic berry (like the blueberry, for instance), there's a romance there, too. The simplest tart is prepared by cooking together for 15 minutes 1 quart of gooseberries and 2 cups of sugar. Taste for sweetness and add more sugar if necessary. Serve this in rich tart shells with whipped cream and shaved chocolate. A quart of berries fills about 8 shells. Ah, they're a fine thing, gooseberries.

INGREDIENTS: 1 quart gooseberries; 2 cups sugar; 8 rich tart shells; whipped cream; shaved chocolate.

And one day I was sent a recipe for a **GOOSEBERRY PIE**; here's as good a place as any to tell you about it. Pour cold water over 2 cups fresh gooseberries, enough to cover, then heat them; don't boil them. Drain and discard the water. Now add to the gooseberries 1 tablespoon butter, cut into small bits; $\frac{1}{8}$ teaspoon salt; 2 tablespoons flour; and $1\frac{1}{4}$ cups sugar. Stir them around until the sugar and the flour are thoroughly moistened. Pour into a 9-inch unbaked pie shell (see page 194), cover with a top crust. Slit the top crust, brush with egg white, dust with sugar; bake for 10 minutes at 425°F., then 30 to 40 minutes at 325°F. or until the juice bubbles up through the top crust and the top is brown.

Now you know how to make a gooseberry pie. All you need is some gooseberries.

INGREDIENTS: 2 cups fresh gooseberries; 1 tablespoon butter; $\frac{1}{8}$ teaspoon salt; 2 tablespoons flour; $1\frac{1}{4}$ cups sugar; unbaked pie shell; egg white; sugar.

If you happen to know of some currants, pick them before they're ripe and make for yourself an **UNRIPE CURRANT PIE**. The currants are green at this stage, though it's good to add a few ripe ones. You'll need lots of sugar, between $1\frac{1}{4}$ and $1\frac{3}{4}$ cups per quart. Follow your favorite recipe for blueberry pie.



I guess you've noticed that most fruit pies should bake for 10 minutes at a high heat, around 425°F. or 450°F., then, with everything nice and hot, they have to finish the process in a slow oven. This keeps the crust from getting overdone, for one thing.



Ever hear of a **MELON PIE**? It consists of a graham-cracker crust, baked 7 minutes, then a layer of ripe juicy melon (cantaloupe, honeydew, Persian) pieces or balls, covered with a fine custard like the custard in my coconut cream pie, for instance). Chill it and, at the end, spread the top with **sour cream sauce** (2 teaspoons of vanilla, 2 tablespoons of sugar, 1 pint commercial sour cream). Now you've heard of a melon pie.



And the easiest way I know to get a graham-cracker crust to fall into place in a pie plate is to heap it into a 9-inch plate and press it down with an 8-inch plate.



For a different (I'll say it's different!) mince pie, try using 1 cup apple cider and $\frac{1}{2}$ cup applejack for the moistening of a package of dry mincemeat.



Here we are back with the lemons. I'm sure most of you have had this classic dessert, **LEMON ANGEL PIE**. I've had lots of requests for a good recipe for it. As to my opinion of it, I love it dearly but I think it's rather a bit of trouble, but that's only my opinion. Here's the way I do it:

(Explanation: Should you not recognize this, it's the meringue shell bit, with the lemon custard, topped with the whipped cream. The recipe will tell you how to do one large pie; you can, as easily, prepare this in individual meringues, which will eliminate cutting the pie, sometimes an unnerving prospect.)

For the Meringue Shell: Beat **4 egg whites** slightly until foamy. Add $\frac{1}{4}$ **teaspoon cream of tartar**. Now beat the whites until stiff, glossy. Gradually add **1 cup sugar**, a **dash of salt**, and **1 teaspoon vanilla**. If you do this gradually, the whites will maintain their stiffness. Spread in a 10-inch well-greased pie plate or in 6 or 8 individual pie plates. Bake at 225°F., an exceedingly slow oven, for $1\frac{1}{4}$ hours. This will produce a nice soft meringue. If you like your meringues chewy, bake them at 275°F. Turn off the oven, open the oven door and let the meringue stay there for 5 minutes. Remove it from the oven then, and cool it slowly, away from any drafts.

For the Filling: Set **4 egg yolks** in a heavy pan (you're safer with a double boiler, but I prefer to do these things more quickly; if you stay with the filling, nothing will happen) and beat them well with a wire whisk. Add gradually, still beating, $\frac{1}{2}$ **cup superfine sugar**. When the sugar is mixed in, add **1 tablespoon lemon juice**, the **grated rind of 2 lemons**, and the **grated rind of 1 orange**. Now start your low heat beneath the pan, cooking while you stir constantly, and, in what will seem like no time at all, the mixture will *start* to thicken. Watch it like a hawk, for it is at this point, when it *starts* to thicken, that you must remove it from the range. Continue stirring, and you will see that it will continue cooking and thickening. Within a minute it will be twice as thick as it was when you took it away from the heat. Cool it.

Pour the filling into the shell. Whip **1 cup heavy cream** with **1 teaspoon sugar** and $\frac{1}{2}$ **teaspoon vanilla**. Cover the pie

with the cream and keep it in the refrigerator for 3 or 4 hours.

Another way is to bring the shell to the table, the filling coming along in a separate cut-glass bowl, the whipped cream in its own bowl. Cut the meringue in wedges as you want it, fill each portion with its filling, top with whipped cream. Then what's left can be refrigerated and used, as new, later.

INGREDIENTS:

For the meringue shell: 4 egg whites; $\frac{1}{4}$ teaspoon cream of tartar; 1 cup sugar; dash of salt; 1 teaspoon vanilla.

For the filling: 4 egg yolks; $\frac{1}{2}$ cup superfine sugar; 1 tablespoon lemon juice; grated rind of 2 lemons; grated rind of 1 orange; 1 cup heavy cream; 1 teaspoon sugar; $\frac{1}{2}$ teaspoon vanilla.



I try to keep a jar of lemon curd in my refrigerator. You can make this yourself or buy it—homemade's best. A jar of that and some frozen tart shells; fill the latter with the former, top with whipped cream and you're ready for the minister.



Inasmuch as everybody overeats on Thanksgiving and Christmas, we frequently eliminate the dessert at the time. However, four or five hours having passed since dinner, these **MINCEMEAT TARTS** take care of the situation. One **pie-crust** recipe (see page 194) makes an awful lot. Roll it out thin, cut it into 3-inch circles, fill each circle with a tablespoon of **mincemeat**. Add a few crisp tart **apple cubes**. Top with another circle. Moisten the edges, pinch them together. Lay them out on a baking sheet, bake at 450°F. until they're lightly browned—it'll take less than 10 minutes. Serve them hot, eaten from the hand.



DELUXE WHIPPED CREAM. Add 1 tablespoon light brown sugar and $\frac{1}{2}$ teaspoon vanilla to a cup of heavy whipping cream. Chill it 20 minutes, until the sugar is completely dissolved. Then whip it. Pass this in a silver bowl, with a little brown sugar and a dash of nutmeg topping it, when you're serving pies and crisps. The flavor is wonderful, that's the only word.

My friends, the Millers, great cooks and conductors of one of the few witty, intellectual, and friendly TV cooking and interview shows on the air (wish they were in Vermont instead of Buffalo), made these **MARZARIN TARTS** for me last Christmas. They're so delicious, they're lethal. You need some small tart pans to do these right; worth getting them for.

Cream, in your electric beater, $\frac{1}{2}$ cup butter and $\frac{1}{4}$ cup confectioners' sugar until mixture is nice and fluffy. Add, still beating, 1 egg yolk (here's an extra white for your freezer) and 1 cup flour. Mix until smooth; you'll have to use floured hands to do this at the end. Form it into a ball and refrigerate it for at least an hour. (You can refrigerate it for a week without harm, but why wait?)

When ready to form the tarts, take a small amount of the dough, about the size of a walnut, and press it into the bottom and sides of the small tart pans. This takes a while, so get the children to help.

For the Filling: Cream $\frac{1}{2}$ cup sugar and $\frac{1}{3}$ cup butter (and it's got to be butter). When the sugar-and-butter mixture is creamy and smooth (if you use the marker on your mixer that says "For Creaming," you won't have any trouble figuring this out) add 2 eggs, $\frac{2}{3}$ cup ground blanched almonds (you can buy them blanched; you'll probably have to grind them with your little Mouli grinder), $\frac{1}{8}$ teaspoon salt, and $\frac{1}{2}$ teaspoon pure almond flavoring. Combine it well and fill each little tart cup with some of this.

Bake at 375°F. until set, which will be about 20 minutes. You'll have 3 or 4 dozen tarts, depending on the size of your tart pans.

INGREDIENTS: $\frac{1}{2}$ cup butter; $\frac{1}{4}$ cup confectioners' sugar; 1 egg yolk; 1 cup flour.

For the filling: $\frac{1}{2}$ cup sugar; $\frac{1}{3}$ cup butter; 2 eggs; $\frac{2}{3}$ cup ground blanched almonds; $\frac{1}{8}$ teaspoon salt; $\frac{1}{2}$ teaspoon pure almond flavoring.



Remember those meringue shells I told you how to make on page 202? Another beautiful and simply performed filling makes them into **MOCHA MERINGUE TARTS**. Combine

1 small package chocolate pudding mix (not instant) with 2 tablespoons light brown sugar, $\frac{1}{2}$ square unsweetened chocolate, 1 tablespoon instant coffee powder, 2 cups milk, and the yolks of 2 eggs. Combine thoroughly, then cook and stir over medium heat until the mixture comes to a full boil. Remove from the heat and add 2 tablespoons butter. Blend well, then cover the surface of the filling with waxed paper. This will prevent its forming a film. Chill at least 2 hours, then beat with a rotary beater until smooth. Spoon into 6 meringue shells. Serve immediately. Elegant!

INGREDIENTS: 1 package chocolate pudding mix; 2 tablespoons light brown sugar; $\frac{1}{2}$ square unsweetened chocolate; 1 tablespoon instant coffee powder; 2 cups milk; 2 egg yolks; 2 tablespoons butter; 6 meringue shells.

Next peach-harvesting season, try this delicious **GERMAN PEACH PIE**. If you can't wait, use frozen peaches. I wouldn't try the canned peaches, if I were you. You'll need a 9-inch unbaked pie shell (see page 194). Peel 4 large fresh juicy peaches; pit them and halve them and arrange them in the shell. Mix together 1 cup sugar (if you use frozen peaches, reduce this amount of sugar by at least half), 2 whole eggs, and 2 tablespoons butter, melted and cooled. Ladle the mixture over the peaches with a spoon. Sprinkle with $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{2}$ cup chopped pecans. You can use walnuts, instead—they're cheaper but not better. Bake 15 minutes in a hot (425°F.) oven, reduce the heat to 325°F., then bake 45 minutes or until the crust is lightly browned and the peaches are cooked through.

INGREDIENTS: 4 large fresh juicy peaches; 1 cup sugar; 2 eggs; 2 tablespoons butter; $\frac{1}{2}$ teaspoon cinnamon; $\frac{1}{2}$ cup chopped pecans.



With your next pumpkin pie, try the following: Whip yourself some heavy cream. Pour over it, from a pitcher, about one fourth as much maple syrup. Fold it in.



There's an interesting pie and a good one, called **SODA CRACKER PIE**. It's a pie without a crust, so don't worry about *that*. Use $\frac{3}{4}$ cup rolled soda crackers. They should not be salty; Club Crackers are fine, or any of that sort—Waverly Wafers, for instance. Combine them with 1 teaspoon baking powder and $\frac{3}{4}$ cup chopped nuts. Beat 3 egg whites (and, since you don't use the yolks for this, here's a chance to use up some of your frozen egg whites) until stiff but not dry. See them shine. Add, gradually, 1 teaspoon pure vanilla, $\frac{1}{8}$ teaspoon salt, and 1 cup granulated sugar. Keep beating until the sugar is combined and the mixture stiff. If you add the sugar too quickly, it'll all break down. And, on the subject of warnings, if you do use frozen egg whites, get them up to room temperature before beating them. This is easily done by setting the jar in which you've frozen them into a bowl of lukewarm water; change the water as it chills. Fold the cracker mixture into the egg whites.

Grease and flour a 9-inch pie plate, turn your mixture into it and bake 25 minutes at 325°F. Cool thoroughly, then cover the top of the pie with 1 cup heavy cream, whipped, with 1 teaspoon vanilla, $\frac{1}{2}$ teaspoon sugar. Sprinkle the top with chopped nuts. Pecans are the best nuts for the whole business. This needs resting in the refrigerator for at least 4 hours.

INGREDIENTS: $\frac{3}{4}$ cup rolled soda crackers; 1 teaspoon baking powder; $\frac{3}{4}$ cup chopped nuts; 3 egg whites; 1 teaspoon pure vanilla; $\frac{1}{8}$ teaspoon salt; 1 cup granulated sugar; 1 cup heavy cream; 1 teaspoon vanilla; $\frac{1}{2}$ teaspoon sugar; chopped nuts.



An old friend tells me, in baking fruit pies, she doesn't sprinkle the sugar on top of the fruit. No, she puts it between two layers of the fruit. She says it keeps the top crust from toughening (I must say, I've never had this trouble) and, more to the point, it keeps the juices from running out into the oven. Another thing, she goes on, if you want to prevent juices leaking out, bring the bottom crust up over the top crust, instead of vice-versa. This means the bottom crust has to be cut one inch larger than the top.



An **OPEN STRAWBERRY PIE** is easier than you think. A baked **pie shell**, ready and waiting. Wash and hull enough perfect **strawberries** to fill the shell, standing them up close together. They'll look superb. Using the less perfect berries, crush about a cupful, add it to a **6-ounce jar of crabapple or currant jelly** in a saucepan, and slowly heat these together, stirring constantly. As soon as the jelly has dissolved, pour it all over the strawberries, carefully. Let it cool. At the last minute, spread the top with **heavy cream**, either whipped and left plain or whipped and combined with a few crushed strawberries and a little **sugar**.

INGREDIENTS: 1 baked pie shell; strawberries; 1 jar (6 ounces) crabapple or currant jelly; heavy cream; sugar.

Your children will adore you if you will take a little trouble and make some **JAM OR FRUIT TARTS**. Roll thin whatever **pie crust** you have left from some other pie, cut it into 4-inch rounds, spread $\frac{1}{2}$ of each round with a favorite **jam** or **sugared fruit**, fold them in half. Wet the edges a little so they'll stick together when you press them. Get your doughnut fat hot in a deep frying pot (throw in a kitchen match; when it flares, the fat is hot enough for frying) and fry these little pies to light brown. Drain them on brown paper or paper towels, sprinkle them with **powdered sugar**. Do this when the children are home, so they can eat them right away.



Pumpkin pies are marvelous, but they're better when they're made of butternut squash.



Unless your guests say, as do mine, "*Taste that crust!*" your pie is not a success.

OF NECTAR'D SWEETS



Desserts are controversial these days. So many of us, men and women, are having weight problems, and desserts are one of the truly expendables. What a shame! They are the wit of the meal, the fun at the end. Not all of them have to be stuffed with calories, masked with whipped cream. There are fruits in wine, cheeses, sherbets, many other ways to end what has been a fine repast without adding five hundred calories to the count.

For those who don't have to worry about things like that, there is the lushness of a torte, the sheer ecstasy of a chestnut crème. But, whoever you are, show judgment, and do not serve a rich, heavy dessert after a Germanic meal. Balance the meal with the dessert—if it's been a stew, it does not need a shortcake. Keep the Indian puddings, the apple crisps for a salad day. Your guests, your family will benefit—as will you!



One day a Southern gentleman, now a resident of Chapel Hill, North Carolina, sat with me in my kitchen at Blueberry Hill for several hours discussing some old-time desserts that he knew about. It was a pleasant time, and here's what came of it:

The dessert called **TIPSY PARSON** is made by soaking squares of leftover sponge cake (like Mama's) or ladyfingers

with rum. Cover with sherry-flavored, sweetened whipped cream. Top with a cherry. Tipsy?

Then there's **TRIFLE**. Place squares of **leftover sponge cake** in a dish and moisten with wine (or wine flavoring if you're a teetotaler). Combine $\frac{1}{2}$ cup milk and $\frac{3}{4}$ cup wine (or $1\frac{1}{4}$ cups wine-flavored milk) with $\frac{1}{2}$ cup heavy cream and mix well. Pour about half of this mixture over the cake. Top with another layer of cake. Then whip the rest of the mixture with another $\frac{1}{2}$ cup heavy cream until it is stiff and place it on top of the cake. (I couldn't whip the milk and wine combination stiff, even though the gentleman said he could, so I poured the rest of the milk-cream-wine mixture over the cake, whipped the last cup of heavy cream and spread that around). Let it rest in the refrigerator for several hours before serving. The gallant also added, offhand, that a little sugar is acceptable with the heavy cream, but he didn't recommend it unless the wine were very dry.

INGREDIENTS: Leftover sponge cake; $\frac{1}{2}$ cup milk; $\frac{3}{4}$ cup wine; 1 cup heavy cream; sugar (optional).

Finally, we talked about **SYLLABUB**. To $\frac{1}{2}$ pint of whipping cream, add a pinch of salt, 1 tablespoon sugar, and 3 tablespoons sherry. Beat until stiff. If you've used a very dry sherry, add a little more sugar. Before beating, taste the combination and add what you feel is needed. That's syllabub. Serve it from a cut-glass bowl.

INGREDIENTS: $\frac{1}{2}$ pint whipping cream; pinch of salt; 1 tablespoon sugar; 3 tablespoons sherry.

The aforesaid syllabub, the gentleman added, just as I thought the conversation was over, is an essential ingredient in something called **TIPSY CAKE**. He said to use a straight-sided cut-glass bowl and line the sides with plain ladyfingers, unsplit, standing upright. You will need 3 dozen ladyfingers in all. Use some for the sides, then take those that are left, separate them, and dip them, quickly, one at a time, in a mixture of $\frac{1}{2}$ cup dry sherry and $\frac{1}{4}$ cup good brandy. Place a

layer of ladyfingers in the bottom of the bowl, cover with **rum-flavored boiled custard** (he didn't tell me anything about *this*, so I use my own recipe for custard which is in the recipe for coconut cream pie on page 196 or the custard in the chestnut crème recipe on page 213 and add a little rum), then a few **blanched almonds**. Know how to blanch almonds? Pour boiling water over them, let them sit for 45 seconds, drain, pour cold water over them. The skins slip off. You can buy them blanched, too. Now add another layer of dipped ladyfingers, more custard, more almonds. Continue the process until the dish is nearly full, reserving a few almonds. Cool in refrigerator. Just before serving, cover with, what else? **syllabub**! Set the reserved almonds on top of the syllabub.

All I can say is, if that's what they do in North Carolina, life must be a merry affair.

INGREDIENTS: 3 dozen ladyfingers; $\frac{1}{2}$ cup dry sherry; $\frac{1}{4}$ cup good brandy; rum-flavored boiled custard; blanched almonds; syllabub.

Mrs. "Mick" Carney—wife of Admiral Carney, U.S.N. (ret.), and one of the most fashionable of Washington hostesses—served to me and my daughter Lucinda the following **APPLE-SAUCE DELUXE** at a supper party. We loved it, as did all her other guests. There was a layer of fine homemade applesauce, a layer of whipped cream, and a thick layer of grated unsweetened chocolate. A most unusual combination and a most delicious one, which looked very beautiful in a gorgeous cut-glass bowl.



Sometime when you're having **BAKED APPLES**, soften a little cream cheese with heavy cream to the consistency of commercial sour cream. Add a bit of sugar, white or brown, as you wish. Drop a dollop on each apple, preferably warm—the apple—not the topping.



Try these **CREAM MAPLE PUFFS** for dessert some night. They're rich, luscious, and filling, so don't think of them with a large meal. Just right for a steak and a salad and nothing else but these. Whip **1 cup heavy cream** until it will hold a peak. Gradually add it to **4 well-beaten eggs**, with **2 tablespoons flour** and a **pinch of salt**—about $\frac{1}{4}$ teaspoon is a pinch, I would say. Grease 2 iron popover pans very lavishly with butter and get them hot in a 375°F . oven. When the butter is sizzling, fill the cups almost to the top with the batter and bake 15 to 20 minutes; you want them slightly puffed and baked through. They will not be crisp. Cut them open while they're still hot and fill them with **whipped cream** into which you've stirred a small quantity of **maple syrup**—the quantity should depend on how sweet you would like them to be. You'll have 22 of these—popover tins don't hold a dozen each, just 11.

INGREDIENTS: 1 cup heavy cream; 4 eggs; 2 tablespoons flour; pinch of salt; whipped cream; maple syrup.

Ever hear of **TOMATOES FOR DESSERT**? We know about this in the country. They should be red-ripe and firm. Mid-summer tomatoes are best. Peel by dousing in boiling water. Chill the tomatoes and then slice them thick. Serve with **brown sugar** and **commercial sour cream** or **extra heavy sweet cream**.



APPLES baked in maple syrup may be new to you; up here in Vermont they're an everyday matter. We serve them hot with cream.



MOLASSES CREME. An amazing dessert and nobody will know it's (ssh) sour cream. Simply add a little **brown sugar** and enough **molasses** to suit your taste to some rich **commercial sour cream**. Fold it in with a fork until the sugar has dissolved. Pile it into a sherbet glass, serve with a chocolate brownie. Trust me and try it.



And coffee ice cream, liberally sprinkled with fine-ground fine-quality coffee, is another unusual, unbelievably delicious combination.



Lots of desserts call for brown sugar. If you want to keep it soft in its box, keep it in the refrigerator.



Last Thanksgiving, I spent a good deal of time with chestnuts. Most of us tuck a few in our stuffing, perhaps, or buy a bag of them, hot, from the chestnut man on the street corner, wintry nights, but, in general, we do not realize their full value as a gorgeous food taste. In this chapter are four desserts made of chestnuts. All are the very, very best. Try every one of them.

First, **CHESTNUTS WITH COFFEE SAUCE**. Blanch 1 quart chestnuts. To do this, make a tiny slit in each chestnut, pour boiling water over them, enough to cover. Start them boiling slowly. After 5 minutes, remove one at a time with a slotted spoon. The skins and shells should come off easily; if they don't, simply keep boiling and trying until they do. You'll need a sharp knife to start them. As soon as you have them all shelled, set them in a saucepan, add just enough water to cover, $\frac{1}{2}$ cup sugar, and a 3-inch stick of cinnamon. Cook them until they are soft. If you need more liquid, add it, but at the end you should have very little liquid, perhaps $\frac{1}{4}$ cup. To this, and to the chestnuts, add $\frac{1}{4}$ cup very strong black coffee poured over 2 beaten eggs. Stir it around. Cool and serve as a dessert in shallow glass dessert dishes. If you want to serve them warm, add 1 tablespoon sherry, and spoon four or five of the chestnuts with some sauce over vanilla ice cream. Serves 6.

INGREDIENTS: 1 quart chestnuts; $\frac{1}{2}$ cup sugar; 3-inch stick of cinnamon; $\frac{1}{4}$ cup very strong black coffee; 2 eggs; 1 tablespoon sherry (optional).

Next, there's a **CHESTNUT CREME** you ought to know about. Boil **1 pint chestnuts** as directed in the previous recipe, except just keep boiling them in their first water, and give them at least $\frac{1}{2}$ hour before you test them to see if they're done. Keep them in the boiling water, remember, and just shell one at a time.

While they're boiling, make a custard. This custard is a lovely one, just by itself. Remember it, when you need a custard.

For the Custard: Cook in a double boiler over simmering water, stirring constantly until your stirring spoon is coated, **2 cups hot milk**, **3 slightly beaten egg yolks**, $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ teaspoon butter, a dash or a grating of nutmeg, $\frac{1}{8}$ teaspoon salt. As soon as the spoon is coated, remove the custard from the heat. Beat your **3 egg whites** until stiff, glistening-like, combine **1 teaspoon vanilla or sherry** with the whites, and fold them into the custard.

Now, the chestnuts boiled and skinned, the custard made, proceed. Mash the chestnuts coarsely, add the **grated rind of 1 lemon**; the custard; **1 teaspoon lemon juice**, squeezed after you've grated the rind; and $\frac{1}{8}$ teaspoon nutmeg. Fold it all together, and pile it into sherbet glasses. Set in the refrigerator to chill. Just before serving, whip $\frac{1}{2}$ cup heavy cream and spread a smooth layer of this over each custard. If you want to be very grand, grate some curls of **unsweetened chocolate** over the top. This makes 8, and you can do it in the morning or the day before, just leaving the whipped cream topping to the last.

INGREDIENTS: 1 pint chestnuts; grated rind of 1 lemon; 1 teaspoon lemon juice; $\frac{1}{8}$ teaspoon nutmeg; $\frac{1}{2}$ cup heavy cream; unsweetened chocolate.

For the custard: 2 cups milk; 3 eggs; $\frac{1}{4}$ cup sugar; $\frac{1}{2}$ teaspoon butter; dash or grating of nutmeg; $\frac{1}{8}$ teaspoon salt; 1 teaspoon vanilla or sherry.

And, finally, a truly marvelous **CHESTNUT DELICE**. Again boil **1 quart chestnuts**, as directed on page 41, in the shell

until they're soft. Remove the shells and skins. Mash them coarsely. Add to them **6 tablespoons powdered sugar**, a dash of salt (about $\frac{1}{8}$ teaspoon), **6 tablespoons heavy cream**, **2 teaspoons vanilla**, $\frac{1}{2}$ cup sherry. (In the event you're wondering about all this sherry, it has a true affinity for chestnuts.) Lightly grease a ring mold with a vegetable liquid shortening, press the chestnut mix into the ring, chill thoroughly. You can do this the day before, too, or more recently if you use your freezer for the chilling. Unmold and fill the center of the mold with **1 cup heavy cream**, whipped, to which you should add **2 tablespoons superfine sugar**, **2 tablespoons sherry**, and **1 teaspoon vanilla**. The sherry is expendable, if you wish to do without it here. I'd top this with some candied fruits such as you buy for Christmas fruit cakes. Serves 6.

INGREDIENTS: 1 quart chestnuts; 6 tablespoons powdered sugar; dash of salt; 1 cup plus 6 tablespoons heavy cream; 3 teaspoons vanilla; $\frac{1}{2}$ cup sherry; 2 tablespoons superfine sugar; 2 tablespoons sherry (optional).

I thought I was through with chestnuts, but there turned up another **CHESTNUT PUDDING**, rather different, but still delicious. Peel the chestnuts, **1 quart** of them, the way I told you to on page 41. That is, peel them before they're cooked through. Then place them in a saucepan with **2 $\frac{1}{4}$ cups milk**, $\frac{1}{2}$ teaspoon vanilla, and $\frac{1}{2}$ cup sugar. Simmer until the chestnuts are very soft, about 15 or 20 minutes. The mixture will be thick; watch it. Press the whole thing through a food mill, if you have one—or through a sieve. Add **2 tablespoons butter**. The mixture will be about the texture of a waffle batter. If it's stiffer than that, add a little hot milk. Let it all cool and when it is at room temperature stir into it **2 beaten egg yolks**. Chill in the refrigerator for several hours in a bowl, then turn out on a serving plate. Whip **1 cup heavy cream** until stiff, add **1 teaspoon sugar** and spread this over the pudding, smoothly. Using a vegetable peeler, shave a little semisweet chocolate into curls, dropping them on the pudding. Serves 8.

And that is all I will say about chestnuts.

INGREDIENTS: 1 quart chestnuts; $2\frac{1}{4}$ cups milk; $\frac{1}{2}$ teaspoon vanilla; $\frac{1}{2}$ cup sugar; 2 tablespoons butter; 2 egg yolks; 1 cup heavy cream; 1 teaspoon sugar; semisweet chocolate.

Have you ever seen a **CROQUEMBOUCHE** tree? It's an edifice built of tiny bite-sized cream puffs, dipped in a caramel syrup. A lady I know told me about them. She says *croquembouche* means "crack-in-the-mouth." Do you think that's so? Well, she says to make up **tiny cream puffs**—they're easy, any cookbook tells you how—and cool them. Fill them with a **rich cream-puff custard**—set them aside. Prepare caramel syrup by boiling **1 cup of sugar** with $\frac{1}{3}$ **cup water**. Use a candy thermometer and boil the syrup to between 250°C . and 275°C . Don't let it go higher than that. Keep your eye on it. Drop in the *croquembouches* and spoon out at once with a slotted spoon, or, a better way, pour a small ladleful of syrup over them. Lift them with a pancake turner and arrange them on a greased tin, starting first with a 4-inch circle, then stacking them in ascending circles so that you have a little tree. Top with one lone one.

When you serve this, your guests help themselves from the little tree and dip their *croquembouches* in the following wine sauce, done in a double boiler over boiling water.

For the Wine Sauce: Place **4 egg yolks** in the top of a double boiler, beat with a wire whisk. Place over the bottom of the boiler which should contain boiling water. Add $\frac{3}{4}$ **cup sugar**, $\frac{3}{4}$ **cup light sherry**, little by little, beating constantly. Cook, beating, until the sauce is too hot for your little finger. Sanitary process, isn't it? Remove from the bottom of the double boiler, cover the top of the double boiler, and cool. When the sauce is cool, beat **1 cup heavy cream** till it's stiff and add it to the wine sauce. This sauce will keep perfectly for some days in the refrigerator. Don't need to use it just for *croquembouches*; it's marvelous sauce over any cake.

INGREDIENTS: Tiny cream puffs; rich cream-puff custard; 1 cup sugar; $\frac{1}{3}$ cup water.

For the wine sauce: 4 egg yolks, $\frac{3}{4}$ cup sugar; $\frac{3}{4}$ cup light sherry; 1 cup heavy cream.

This one is particularly pleasing to the young. It calls for peanut brittle as a topping. Grind it with your nut grinder; the one I told you about on page 188. The formal title is **FRENCH APPLE MOUSSE**. Pare and core **3 to 4 medium apples**—Jonathans, Winesaps, Macs. Cut them in pie-type slices, measure out 2 cups. Bring to a slow boil in a saucepan, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup water, $\frac{1}{2}$ teaspoon vanilla, then add the apples. Simmer them slowly until tender and transparent. This depends on the texture of the apple—usually takes from 3 to 5 minutes. Remove the apples from the syrup, draining them with a slotted spoon. Set them aside to cool and whip **1 cup heavy cream** until stiff, adding **1 teaspoon vanilla** at the end. Fold the apple slices gently into the whipped cream. In a pretty glass dish, place half the apple-cream mixture, sprinkle generously with $\frac{1}{2}$ cup crushed peanut brittle; add the other half of the mixture and top with another $\frac{1}{2}$ cup crushed peanut brittle. Chill 4 or 5 hours or overnight. Makes 4 to 6 servings. You can use the bit of syrup that's left, if any, on some vanilla ice cream.

INGREDIENTS: 3 to 4 medium apples; $\frac{1}{2}$ cup sugar; $\frac{1}{2}$ cup water; $1\frac{1}{2}$ teaspoons vanilla; 1 cup heavy cream; 1 cup crushed peanut brittle.



Do you like **APRICOTS** as much as I do? Cook 1 package as directed on the box till they are soft, sweeten them, purée them through a food mill or through a sieve and serve on vanilla ice cream.



Another **APRICOT** do. Soften **1 pound cream cheese**, add $\frac{1}{2}$ cup superfine sugar, $\frac{1}{4}$ cup Marsala wine or rum, beat smooth. Stir in **6 very ripe apricots**, peeled, pitted, slightly mashed. Chill before serving. A summer delight.



Another way with dried **APRICOTS**. Cook them, sugar them to taste, mash, cool, fold in one third as much whipped cream as apricots. Divine, just.



BAKED BANANAS AND STRAWBERRIES on a June day. Peel the bananas and slice them lengthwise. Set them on a buttered dish that can come to the table, sprinkle them with **butter** and **light brown sugar**, pour just enough **orange juice** into the dish to cover the bottom, and, finally, slice over them **6 or 7 strawberries** for each banana. Bake 15 minutes in a hot (400°F.) oven, until the bananas and strawberries are cooked through. Spoon some orange juice from the bottom of the dish over them two or three times during the baking.

INGREDIENTS: Bananas; butter; light brown sugar; orange juice; strawberries.

One of my best-known recipes is my blueberry-apple crisp. Some of you know it, I guess. I saw a variation of it the other day, called **PLUM CRISP**. You should buy **3 pounds fresh prune-plums**. Pit and quarter them; measure out 5 cups. Mix them with $\frac{1}{4}$ cup **light brown sugar** and set them aside in a baking dish $11\frac{1}{2} \times 7\frac{1}{2} \times 1\frac{1}{2}$ inches. Sift together **1 cup flour**, **1 cup granulated sugar**, $\frac{1}{2}$ **teaspoon salt**, and $\frac{1}{2}$ **teaspoon cinnamon**. Add **1 beaten egg**, chopping and tossing with a fork until the mixture is crumbly. Spread the topping evenly over the plums. Drizzle with $\frac{1}{2}$ cup **melted butter** and bake in a moderate (375°F.) oven for 45 minutes or until lightly browned. Serve warm with a small spoonful of **vanilla ice cream**, **whipped cream**, or just **plain cream**. The last is my personal choice. Serves 8.

INGREDIENTS: 3 pounds fresh prune-plums; $\frac{1}{4}$ cup light brown sugar; 1 cup flour; 1 cup granulated sugar; $\frac{1}{2}$ teaspoon salt; $\frac{1}{2}$ teaspoon cinnamon; 1 egg; $\frac{1}{2}$ cup melted butter; vanilla ice cream, whipped cream, or plain cream.

Well, now. There's a **BLUEBERRY SAUCE** for ice cream I know about. If you add **2 ounces of gin** (yes, I said gin) to **1 pint of simple syrup** (that's equal parts sugar and water, boiled to thicken), and pour this over **frozen dry blueberries** and then serve this on vanilla ice cream, your reputation as a

cook will be made. Just use a little, of course, if you have just a few berries in mind. Keep the rest in the refrigerator.



A most versatile fruit is the cranberry! Too often it is overlooked or used just for sauce. Full of vitamin A, vitamin C! The Indians knew how to use cranberries, as did the early Plymouth settlers. We still have much to learn.



How about a **CRANBERRY COBBLER**? Mix together and then let stand for 5 minutes **1 quart of cranberries** (a pound's the same as a quart), **2 cups of sugar**, a **cup of water** with the **grated rind of an orange** and **2 tablespoons of butter**. Pour it, then, into a casserole. Top with **baking-powder biscuit dough** cut into rounds or with rounds of **piecrust**. Bake in a hot (450°F.) oven for 15 to 20 minutes, or until the biscuits are baked through and light brown and the cranberries are bubbling. Serve hot to 6.

INGREDIENTS: 1 quart cranberries; 2 cups sugar; 1 cup water; grated rind of 1 orange; 2 tablespoons butter; baking-powder biscuit or piecrust dough.

Think of cranberries, why don't you, for a **CRANBERRY SHORTCAKE**? Mix **1 cup of cut-up or ground cranberries** with **1 cup of chopped, tart, peeled apples** and **¼ cup crushed drained pineapple**. Stir this around with **1 cup of sugar** and a **pinch of salt**. Let it stand 2 or 3 hours. Serve on hot **biscuits with whipped cream**.

INGREDIENTS: 1 cup cut-up or ground cranberries; 1 cup chopped tart apples; 1 cup crushed drained pineapple; 1 cup sugar; pinch of salt; biscuits; whipped cream.

Melon balls do nicely in ginger beer.

FOUR WAYS WITH PEACHES—A lovely way, since we're talking about fruit, to serve fresh **peaches** when they're at their juiciest is to fit them, whole, into a tall cut-glass

pitcher and pour some **May wine** or **Rhine wine** over them. They look and taste exquisite.

Stew some fresh juicy **peaches** a few minutes in a bit of **water** with enough **sugar** to suit your taste *and* some **white wine**, again to suit your taste. A few **whole cloves**. Chill and serve with a slice of **pound cake** or **sponge cake**. If you've thought of this the last minute, serve the peaches warm. Fine that way.

And another thing while peaches are in season. Place **6 ripe juicy peaches**, peeled and halved, sprinkled with $\frac{1}{2}$ **cup sugar** and **1 tablespoon fresh lemon juice** in a cut-glass bowl. Cover with **white wine**. Chill.

Fresh peaches, juicy sweet; or melon; either one. Melt $\frac{1}{2}$ **cup currant jelly**, cool, fold into **1 cup commercial sour cream**. Serve with the **fruit**, unsweetened.

RASPBERRIES are with us for such a short time each summer. Take advantage of them when you see them, sweet and fresh. Sprinkle them with **sugar**, the superfine sort that combines immediately with the fruit, and top with **sweetened commercial sour cream**. Sprinkle that with chopped **fresh mint**.

Do you know about **STRAWBERRIES AND GRAPEFRUIT**? Squash a **strawberry**, fresh or frozen, into a half **grapefruit**, sprinkle it with **sugar**, dot it with **butter**, and broil it until nicely browned. A dessert or an appetizer, this one.

My favorite New York French restaurant, La Potinière, serves fresh **STRAWBERRIES**, sprinkled with lots of **sugar** and left standing until the sugar dissolves. Then, before your eyes, they fold in gobs of **heavy whipped cream** and a tidy sum of **Grand Marnier**. Try it. Or better still, go there and see them do it.

A new twist to a **STRAWBERRY TART**. Combine **1 cup heavy cream**, whipped stiff, with **1 tablespoon sugar**, **1 tea-**

spoon freshly chopped mint, 1 teaspoon angostura bitters, and 1 pint of fresh strawberries, cut up. Fill your tart shells with this, after you chill it a bit. Top with a whole perfect berry, dipped in sugar.



And a marvelous combination on a June night is coffee ice cream with crushed strawberries.



To you calorie watchers, if you want to have your cake and eat it too, here's a marvelous dessert, self-canceling. Mix $\frac{1}{4}$ cup brown sugar into a pint of commercial sour cream. Serve it over **DIETETIC FRUIT**, any kind you like. Figs, particularly.



CREPES SUZETTE are trickier to look at than to do. I'd advise you try these as the main and only item after the theatre. Prepare the crepes themselves in the afternoon. To make 12 of them, combine and sift **1 cup pre-sifted family flour**, $\frac{1}{4}$ teaspoon salt, and **2 tablespoons sugar**. Add $\frac{1}{2}$ teaspoon grated orange rind. In another little bowl, beat **2 eggs** slightly, add **1 cup milk** and **2 tablespoons melted butter**. Combine with beater, then stir into the flour mixture, beating with your electric beater or rotary beater or wire whisk until quite smooth. Now grease the bottom of a heated 5-inch iron skillet or individual omelet pan, using about $\frac{1}{2}$ teaspoon butter. Let the butter sizzle, then pour in 2 or 3 tablespoons of the batter. Tilt the pan quickly until the batter covers the bottom of the pan. Then bake until brown on the bottom; turn and brown on the other side. After each crepe is baked, dust it with **confectioners' sugar**, remove it to a platter covered with a tea towel, and roll into a nice tight little roll. Set aside.

When ready to serve, gather your friends about and prepare the sauce before their very eyes. Use a chafing dish with, preferably, a flat crepe pan. If you don't have that, any flat chafing dish will do. Mix together over low heat $\frac{1}{3}$ cup butter and 1 cup confectioners' sugar. Rub them around until

the butter melts. Now add **2 tablespoons orange juice**, **1 teaspoon pure lemon juice**, **2 teaspoons grated orange rind**, and **3 tablespoons white wine or Cointreau**. It will help if you have these ingredients mixed in a cup, ready to be added when needed. Stir until blended. Now carefully lay in the crepes, side by side; if the pan you're using hasn't room for all 12 crepes, cut the recipe for the sauce in half, and do the whole thing twice. Heat the crepes, ladling the sauce over them again and again until they are very hot, as is the sauce. Now pour **½ cup brandy** over the crepes and the sauce. Don't stir it. You want the brandy to float on top. Set it afire before the admiring throng. Now continue to baste until the flame dies down. Serve immediately.

INGREDIENTS: 1 cup pre-sifted family flour; ¼ teaspoon salt; 2 tablespoons sugar; ½ teaspoon grated orange rind; 2 eggs; 1 cup milk; 2 tablespoons melted butter; ½ teaspoon butter; confectioners' sugar.

For the sauce: ½ cup butter; 1 cup confectioners' sugar; 2 tablespoons orange juice; 1 teaspoon pure lemon juice; 2 teaspoons grated orange rind; 3 tablespoons white wine or Cointreau; ½ cup brandy.

Another lovely dessert pancake, much simpler than rolling and filling crepes, is the following **COTTAGE PANCAKE**. Serve the pancakes with maple syrup or blueberry sauce. Sift together **1 cup pre-sifted flour**, **1 teaspoon sugar**, **¼ teaspoon salt**. In another bowl combine **1 cup commercial sour cream**, **1 cup small-curd creamed cottage cheese**, and **3 large eggs or 4 medium eggs**, beaten. Combine quickly. Don't try to get rid of lumps or to beat. Just moisten the dry ingredients with the wet. Bake as you would any other pancake on a hot griddle. If the griddle is properly seasoned, you'll need no grease at all; if it isn't, grease the griddle very lightly. Serves 4.

INGREDIENTS: 1 cup pre-sifted flour; 1 teaspoon sugar; ¼ teaspoon salt; 1 cup commercial sour cream; 1 cup small-curd creamed cottage cheese; 3 large eggs or 4 medium eggs.

So many times you need to know about **THIN SWEDISH PANCAKES**. They are served with lingonberry sauce, blueberry sauce, fresh strawberries. A perfect dessert pancake. So easy. Mix together **3 beaten eggs**, **2 cups milk**, **1 cup pre-sifted flour**, and **¼ teaspoon salt**. Melt **2 tablespoons butter or margarine** in a small iron frying pan and add it to the batter. Heat the pan, already greased with the shortening, and when it is hot (it will make a drop of water dance), put 3 large spoonfuls of batter in it, tip it and turn it until the bottom of the pan is covered and fry the pancake over a medium heat. Loosen around the edges as it fries, using a small spatula, and, when it is dry on top, turn it with a pancake turner. Almost right away it will be done. Slide it off the pan onto a plate and continue until you've used up the batter. When you get adept at this, you can manage two pans at a time. They're best served right away, rolled or not as you wish. They will keep on a plate with foil or bits of cloth between each cake. Don't stack them and expect them to keep properly without this precaution. Serves 6.

INGREDIENTS: 3 eggs; 2 cups milk; 1 cup pre-sifted flour; ¼ teaspoon salt; 2 tablespoons butter or margarine.

CHEESE BLINTZES are a delicacy known to the Russians and their friends. This recipe, given to me by a Russian lady, is authentic, easy, and fun to do. The blintzes are, of course, the thin pancakes you probably know as crepes, also served as a main luncheon dish. Here's the way:

Beat **4 eggs** with your electric beater until they are frothy. Sift together **1 cup pre-sifted flour** (the only kind I buy these days is the pre-sifted kind), **1 teaspoon sugar**, and **½ teaspoon salt**. Add the flour mixture to the eggs alternately with **1 cup milk**, beating after each addition until smooth. Stir in **1 teaspoon vanilla**. That's the mix for the blintzes.

To cook the pancakes, use a 7-inch skillet. Get it hot, then melt in it about **½ teaspoon butter**. Pour in about 2 tablespoons of the batter, tilting the pan to distribute the batter for a thin, thin pancake. Cook it until the bottom is slightly brown. Slip it onto a dish towel or a tray with the browned

side up. Repeat this until all the batter is used. You'll have 12 or 14 pancakes, depending on how thin they are.

For the Filling: Cream together **6 ounces cream cheese** and **6 ounces cottage cheese** (the fine-curd creamed sort; although the classic recipe calls for farmer cheese, not too easily obtained except in delicatessen stores in large cities). Use the back of a wooden spoon and press the cheeses together to combine and blend both textures. Beat in **1 egg**, mixing it in well. Add and mix in **2 teaspoons sugar** and **1 teaspoon vanilla**. (There are possible variations to this basic filling, such as cinnamon-sugar instead of sugar, lemon peel and a dash of lemon, chopped almonds with almond extract instead of the vanilla, and any fruit you might like, such as raisins, dates, blueberries). Taste the filling and see if you'd like it a bit sweeter, in which case you can add a little more sugar.

Place one rounded tablespoon of the filling in a narrow mound on the browned surface of each pancake. Fold the edges at each end of the mound toward the center. Fold one open edge over the filling, then fold other end over it. The filling will be completely enclosed.

All this can be done ahead of time. When you're ready to fry the blintzes, get a large skillet hot, melt **3 to 4 tablespoons butter** in it, and, when the butter is sizzling, cook the blintzes slowly, turning to brown all sides lightly. Serve with sugar and commercial sour cream.

INGREDIENTS: 4 eggs; 1 cup sifted flour; 1 teaspoon sugar; $\frac{1}{2}$ teaspoon salt; 1 cup milk; 1 teaspoon vanilla; $\frac{1}{2}$ teaspoon butter; 3 to 4 tablespoons butter.

For the filling: 6 ounces cream cheese; 6 ounces cottage cheese; 1 egg; 2 teaspoons sugar; 1 teaspoon vanilla.

A GINGERBREAD WAFFLE for dessert pleases both young and old. Sift **2 cups pre-sifted flour**, **$1\frac{1}{2}$ teaspoons ground ginger**, **$\frac{1}{2}$ teaspoon cinnamon**, and **$\frac{1}{2}$ teaspoon salt**. Heat to the boiling point, but don't boil, **1 cup molasses** and **$\frac{1}{3}$ cup butter**. Remove from the heat. Beat in **$\frac{1}{2}$ teaspoon baking soda**, **$\frac{1}{2}$ cup sour milk** (naturally sour, if possible), and **1 egg**. Then add the sifted dry ingredients. Combine, just. Don't

overbeat. Heat your waffle iron, not as hot as you would for regular waffles, and bake these wonderful things. Serve hot with **whipped cream**. Serves 4.

INGREDIENTS: 2 cups flour; 1½ teaspoons ground ginger; ½ teaspoon cinnamon; ½ teaspoon salt; 1 cup molasses; ⅓ cup butter; ½ teaspoon baking soda; ½ cup sour milk; 1 egg; whipped cream.

Have you heard of **ORANGE FLUFF**? The simplest dessert on record, and a charmer on a hot summer day. Just heat, to boiling, 1 **pint orange juice**. When it has reached this point, drop into it ½ **pound marshmallows**—the small size, if possible, or cut up the larger ones. Let the marshmallows melt, stirring, and, when the fluff is smooth, divide it into sherbet glasses. Chill a few hours and serve with **whipped cream** and a bit of **marmalade**. Serves 4.

INGREDIENTS: 1 pint orange juice; ½ pound marshmallows; whipped cream; marmalade.

An item of similar ilk (using marshmallows for good purpose, that is) is this **SHERRY WINE AMBROSIA**. This is not the classic ambrosia which is usually made with coconut. We just love it so much that we call it ambrosia. Soak 1 **pound marshmallows**, cut-up large ones or the tiny ones, in 1 **pint sherry**. Overnight is best. The following morning, whip 1 **cup heavy cream** until it's stiff and will hold a peak, fold it carefully into the marshmallows, and pile it into your sherbet glasses or flat cut-glass fruit dishes. This should chill in your refrigerator for a few hours to be at its best. Then, and only then, shave some **unsweetened chocolate** over the top, a few curls on each helping. This serves 6.

INGREDIENTS: 1 pound marshmallows; 1 pint sherry; 1 cup heavy cream; unsweetened chocolate.

I'm not usually one for packaged puddings, but this one is worth your while. The lady who told me about it calls it

ALMOST ZABAGLIONE. It's hard to tell from real. Here's the way. Make up 1 package of prepared vanilla pudding or prepared vanilla tapioca pudding, using 1½ cups milk (instead of 2, as directed on the package). Take it from the heat as soon as it is thick and stir in 6 tablespoons good sherry. While it's still hot, pour the pudding over 2 egg whites, beaten stiff but not dry. Fold lightly. Spoon into sherbet glasses. Serve warm with or without whipped cream. Serves 4.

INGREDIENTS: 1 package prepared vanilla pudding or vanilla tapioca pudding; 1½ cups milk; 6 tablespoons sherry; 2 egg whites; whipped cream (optional).



A chocolate pudding, or a butterscotch one for that matter, will never form a crust if you will place a large piece of saran wrap directly on it, touching it, from edge to edge. It will peel off when you want it and the pudding will be fine. Custards, too.



It's getting harder and harder to find a good old-fashioned sherbet these days. I'm talking about the homemade sort, such as this **PINEAPPLE MILK SHERBET**. You don't even have to cook anything. Just mix together ⅔ cup superfine sugar, ½ cup pineapple juice, and 2 cups milk. Grate into this mixture the rind of 1 lemon (just the yellow part). Now cut the lemon in half and squeeze 1 tablespoon of the lemon juice into the mixture. Stir it all around until the sugar is dissolved completely. Pour it into a refrigerator freezer tray and allow the sherbet to freeze solid. Scrape it out into a chilled bowl and mix with an electric beater for a few minutes until it has lost its frosty look and is fluffy and smooth. You can return it now to its freezer tray or distribute it into 6 large or 8 medium-sized sherbet glasses. Let it finish freezing. The beating is essential if you wish to avoid bits of ice in your sherbet.

INGREDIENTS: ⅔ cup superfine sugar; ½ cup pineapple juice; 2 cups milk; rind of 1 lemon; 1 tablespoon lemon juice.



Drop a few preserved ginger slivers in lemon gelatin. Surprise your guests.



INDIAN PUDDING. A true Vermont dessert. Don't serve it after a heavy meal; it needs lightness before it. Scald **3 cups milk** in a medium-sized saucepan. To scald means to get it hot, with perhaps a skin on top, but don't let it boil. Stir in **¼ cup yellow corn meal** and **½ cup light molasses**. There's light and dark; I like light. Cook this over low heat, stirring constantly, about 5 minutes. It will thicken slightly. Remove it from the heat; stir a small amount of it *into* **1 beaten egg**. Don't stir the egg into *it*; it'll hard-cook. Return the egg to the saucepan, scraping everything in with a rubber spatula. Stir in **1 tablespoon butter or margarine**, **¼ cup granulated sugar**, **½ teaspoon salt**, **½ teaspoon nutmeg**, and **½ teaspoon cinnamon**. Pour the mixture into 6 individual buttered baking dishes or you may use a 1½-quart baking dish, if you prefer. After 30 minutes of baking in a very slow (300°F.) oven, pour **1 cup milk** carefully over the tops of the individual puddings (that's 1 cup in all) or over the top of the single larger pudding. Don't stir it. Return the puddings to the oven and continue baking at the same slow tempo for 2 hours. Just before serving, mix **1 tablespoon grated orange rind** with **1 tablespoon sugar** and sprinkle it over the puddings. Broil them for 2 minutes under high heat until they are bubbly and lightly browned. This last is an optional touch; the pudding is fine without it; finer, with. Serve warm with **cream**. *Not* ice cream!

INGREDIENTS: 4 cups milk; ¼ cup yellow corn meal; ½ cup light molasses; 1 egg; 1 tablespoon butter or margarine; 5 tablespoons granulated sugar; ½ teaspoon salt; ½ teaspoon nutmeg; ½ teaspoon cinnamon; 1 tablespoon grated orange rind; cream.

Cook yourself some **BARLEY FOR DESSERT**. Simple. Add **½ teaspoon salt** to **2 cups boiling water**, stir in **½ cup quick-cooking barley**. Takes 10 to 12 minutes over low heat; stir occasionally. You'll have **1¼ cups** cooked barley. Half of it

will make a fine dessert for 5; if you need enough for 8 or 10, use it all. Whip **1 cup heavy cream** until it's stiff. Fold in **¼ cup sugar**, **½ teaspoon vanilla**, **½ cup shredded coconut**, and half your cooked barley. Divide it into 5 sherbet dishes. Chill and serve. Better than tapioca. Use the other half of the barley with some butter and dried dill to accompany a steak.

INGREDIENTS: ½ teaspoon salt; 2 cups boiling water; ½ cup quick-cooking barley; 1 cup heavy cream; ¼ cup sugar; ½ teaspoon vanilla; ½ cup shredded coconut.

A simple and quite marvelous dessert is made of **rice**. Cook it with a **vanilla bean** or a little **pure vanilla**, cool, then fold into **whipped cream**. Serve in sherbet glasses with shaved **maple sugar** or shaved **bitter chocolate**. It's called **RICE CREME**.

SPEEDY INDIVIDUAL RICE PUDDINGS start with **cooked rice**, sweetened with **brown sugar** and flavored with **vanilla**. Fill individual custard cups or flat ramekins with enough for one each, sprinkle with a little more **brown sugar** and pour on each pudding **1 tablespoon heavy cream**. Get them hot in a 450°F. oven, and serve them that way. It won't take over 10 minutes.

INGREDIENTS: Cooked rice; brown sugar; vanilla; heavy cream.

SHERRY HARD SAUCE is handy to have about in the days of fruitcakes and puddings. Beat together well with your electric beater **½ cup butter** (not margarine, here) and **1½ cups sifted confectioners' sugar**. When it is well combined and fluffy, beat in **2 tablespoons light sherry** and **1 tablespoon light cream**. Keep this in a jar in your refrigerator. When you serve it, sprinkle it with **nutmeg**. You'll have about a cupful in all, and that goes a long way.

INGREDIENTS: ½ cup butter; 1½ cups sifted confectioners' sugar; 2 tablespoons light sherry; 1 tablespoon light cream; nutmeg.



A friend of mine told me she had hot blueberry sauce on coffee ice cream at the Waldorf. The whipped cream on top had been frozen. Why not freeze your own whipped cream curlicues? Squeeze them through a pastry tube onto a double thickness of foil and freeze them that way. When they're frozen solid, pry them off with a pancake turner and drop them into a plastic bag. You'll have them when you want them then. They defrost in minutes; use them for fancying things up.



A perfect rich **FUDGE SAUCE** comes together this way. Melt **3 tablespoons butter** and **2 squares unsweetened chocolate** in a saucepan over low heat. Add **1 cup confectioners' sugar**, mix well, then add immediately **$\frac{2}{3}$ cup evaporated milk**, beating until it is smooth—a matter of moments, only. Bring to a boil over medium heat, stirring constantly until thick—takes less than 3 minutes. Don't leave it. Serve this hot over vanilla ice cream. You'll have 1 cup. It keeps, too. Just reheat it when you want it again.

INGREDIENTS: 3 tablespoons butter; 2 squares unsweetened chocolate; 1 cup confectioners' sugar; $\frac{2}{3}$ cup evaporated milk.

A GLASS OF WINE



There is no question but that a glass of wine with a lovely meal is a very good thing. If you're a teetotaler, probably, it isn't—but not many of us are, these days. Even I, who have at most perhaps four drinks of any sort of liquor from one year's end to the next, find something relaxing and enjoyable about having a bit of the right wine with the right meal.

So comes the question of what is the right wine. And the answer, as far as I am concerned, is the wine you, personally, like the best. I consider strict poppycock all the do's and don't's as to reds and whites. If you like red wine with chicken, by all means, have red wine. One of my very best recipes calls for cooking chicken in red wine—a defiance, I suppose, of somebody's rules.

It's a good thing to have a light wine on a hot day; not to drink sweet ports or such with main courses—leave them for dessert with crackers and cheese. It also makes sense to limit your wine intake to a sip between bites. You want to taste your food at its best; too much wine will have you forgetting your food.

You've read a lot, too, I know, about certain wines needing to be served at room temperature. Have you ever tried a wine at true room temperature (and in city apartments and suburban homes this is often about 75 to 80 degrees) and

wonder why it is so unpleasant? The reason for this is simple. Room temperature refers to the temperature of the room in which wine is rightly kept—the wine cellar—not the room in which it is to be drunk. A wine cellar is kept at a temperature of about 65 degrees. You can obtain this temperature by chilling the so-called “room-temperature” wines for about 15 minutes, no more. A chilled wine should be really chilled, several hours in the refrigerator. We like to set it in the snow in winter—anyway, it should be frosty, and you ought to chill the glasses, too, so that the whole thing is a dream of silver.

There is, as well, a continuing controversy about American wines. I have friends who will have none of them—won’t even try them; and others who patriotically proclaim that they are a match for any of the imported lighter wines. I don’t think I’ll get into that one, but I do know that I have enjoyed many American wines very much, and that, as one of my friends advised me, it is my “patriotic duty to help demolish the prejudice that American wines are inferior in all respects to the French—and that their cheaper cost is any index to their secondary position.”

I have a friend who is a wine merchant and a good one. Confronted with many requests from friends and readers for a note about what wine should be drunk with what food, and knowing that I have often been at a loss for this sort of information, I went to my wine-merchant friend and asked for a list. He has obliged and I pass it on to you. These are moderately priced wines, all of them. Most are in the two to four dollar range; one or two may be a little higher. Of course, there are different opinions about wines, so if a brand listed is not available in your area, you might try another brand of the same kind of wine. I’ve served the wines he recommends at the times he recommends I serve them—and great has been my success. Along with Omar, the romantic combination of a “loaf of bread, a glass of wine and thou” does me in. Here’s the list:

Almaden Pinot Noir (Room temperature). A firm-bodied, subtle, and light wine, delicately aromatic. Serve this with game, red meats, roasts, cheese.

Almaden Mountain White Chablis (Chilled). Dry, fresh and light. Serve with seafoods, poultry, light meats, oysters.

Masson Emerald Dry Riesling (Chilled). Light and dry with slight bouquet, fruity. Serve with seafoods, poultry, light meats, cheese.

Leonard Kreusch Graves (Chilled). Dry, distinctive bouquet. Serve with seafoods and poultry.

Piat Pommard (Room temperature). Strong, robust, very full-bodied. Serve with game, red meats, roasts, cheese.

Les Caves Maxims Bordeaux (Red) (Room temperature). Light, medium dry. Serve with meats and roasts.

Les Caves Maxims Beaujolais St. Amour (Room temperature). Slightly spicy, rich in flavor, light. Serve with red meats and roasts, poultry, game, and cheese.

Salavert Tavel Rosé (Chilled). Dry, tart, full-bodied. Serve with poultry, light meats, cheese.

Mateus Rosé (Chilled). Medium dry, rich, fruity. Serve with poultry, light meats, cheese.

Dennis & Huppert Reserve des Caves de la Reine Pedauque.

Hospice de Beaune (Room temperature). Rich and robust. Much bouquet. Serve with game, red meats, and roasts.

Clos de Vougeot (Room temperature). Same description as the *hospice*. More expensive than the others.

Batard Montrachet (Chilled). Soft bodied, dry and light. Serve with seafoods and poultry.

Rioja Santiago Yago Spanish Sauterne (Chilled). Slightly fruity, but dry. Serve with seafoods, poultry, and light meats.

Chilean Riesling and *Burgundy*. Any year. Any brand. Always hearty, ordinary good table wine.

Bolla or Bertain Valpolicella (Room temperature).

Robust and rich. Fine aroma. Serve with red meats and game. (Note from Elsie: my favorite wine with Italian food.)

Bolla or Bertani Soave (Chilled). Light, medium dry, slight bouquet. Serve with seafoods and poultry.

Gold Seal Sauternes (Chilled). Delicate, slightly fruity. Serve with poultry, light meats, desserts, and fruit or nuts.

Château d'Yquem Sauternes (Chilled). Same description as above.

Korbel Brut Champagne (Chilled). Compares favorably with French champagne.

There you are! This list ought to take you through any dinner party, provide a good wine for a quiet evening's supper in the kitchen with your family, and give you a sense of security that you're doing right. Again, though all these wines are described as right for a particular food, don't follow these directions as gospel. Be an individual! Have it the way you like it!

ODDS AND ENDS AND THIS AND THAT



Some good friends and I (these are people who deal with editors of food columns and shows on television and radio) spent a jolly hour some weeks back discussing the taboos and customs "one" (not *this* one) must follow if one is to do this sort of writing and talking. It seems, they said, you do not say "hard boiled," you say "hard cooked." Don't remember right off why, you just don't. Also you *heat* with a stove; you *cook* with a range. In other words, you mustn't call a range a stove.

Another thing, you must never, never, never call a nutmeat a *nut*. Horrors! And it's margarine, margarine, margarine, not oleo. And even if your grandmother called it an icebox, and your mother called it an icebox, and *you've* always called it an icebox, it's not an icebox. It's a refrigerator.

And it's not a clerk, it's a saleslady.

Let's stop right there. I cook hard-boiled eggs on my stove; I've never used a nutmeat in my life; I keep oleo in the icebox, and I'm Elsie Masterton. Who are you?

Post mortem: I must admit that my good editor, a trustworthy gal, has dutifully changed all my oleo's to margarines; she's taken care of my nutmeats; and she's seen to it that most of my hard-boiled eggs are hard-cooked. But I *still* say icebox!



I think it's just plain mean to keep recipes to yourself. I've always shared all mine and shall continue to do so; there's nothing so complimentary to a cook as to be asked the way.



I had two sweet little old ladies taking my cooking course last year here at the farm. One of them does 6 minutes of setting-up exercises every morning and night of her life. She's seventy-two. The other spends two afternoons a week ice-skating at a rink at Worcester, Massachusetts, and one evening ballet dancing. I didn't dare ask her her age, but she's been retired from teaching high school English for ten years, so she's no chicken. They were the youngest in the class in spirit, the youngest of us all.



I've been told that an old-fashioned way of knowing the difference between simmering and boiling is to think of simmering as smiling and boiling as laughing.



A good way to keep brown sugar from hardening is to put it in a jar with a slice of bread. The bread gets hard, not the sugar. Put in another piece of bread, when the first one is done for.



A smidge of this and a smidge of that and some imagination and you have something out of nothing. Open your refrigerator door and see what's there. Rice, perhaps. Noodles. Each cooked, separate nights. Combine them in a frying pan with a little butter and some soy sauce. Same with rice and spaghetti, perhaps using leftover spaghetti sauce or chili sauce. One night there was, in our refrigerator, a jar of beef Stroganoff and one of lamb ragout. Mixed them together in an earthenware casserole, heated them to bubbling in the oven, served with hot French bread and a salad. Just like new and you couldn't tell the beef from the lamb.



You know how many recipes tell you *cook until done*? Well, I started thinking the other day in my kitchen of all the

things I consider really better if you cook them until they're *not* done. Just short of done.

Such as cookies. These I take out of the oven, always, when they're still on the soft side. Then they're chewy; you can taste the flavor. Nothing better. Brownies too! Never overbake a brownie. Underbaking is far preferable. Subtract 3 minutes from the time given in your recipe; that'll do it (unless you use my recipe in my *Blueberry Hill Cookbook*; I tell you about this, there).

What about spaghetti? To me, *al dente*, slightly chewy, not quite done, is the way spaghetti should be. Underdone here means to me done right. . . . Then there are the meats. Lamb. Rare's the stage for perfection here. Pink, juicy. Well-done lamb loses much. The thermometer shouldn't read over 155°F. Smear the lamb with butter when you take it from the oven. The butter will intermingle with the juices (which are nonexistent if the lamb is well done), and you have such a gravy!

For calves' liver, too, pink's the word. And soft. Not cooked through. . . . Roast beef, in my book, is at its best cooked rare, sliced thin. Three thin slices of rare roast beef are, I do believe, better far than one thick.

Following the same thought, what about waffles? Have you ever tried a waffle *not* crisp? After all, what are crisp waffles, in the final analysis? Just a lot of crust. And that's all right if what's inside isn't worth eating, anyway. But a good waffle really should be tasted. I stop mine cooking after 2 minutes—I can't say how long it will take you on your waffle iron, but after 2 minutes on mine, my waffles are brown on the outside, soft on the inside, and good, the inside creamy and delicious.

Shrimp, too, should be watched. Cook them a second longer than pink, they're overdone. Stop them when you should, they are crisp, a bit crunchy. Just *not done*.



My most-used kitchen tool, I believe, is my wire whisk, sometimes called a wire whip. A most efficient instrument for beating eggs, stirring sauces, getting, or I should say, keeping lumps out of gravy. Can't tell you how many times a

day I use mine. An old-fashioned, out-of-style gadget I can't do without.



You should always have some chicken fat in your freezer or refrigerator. Trim the fat with whatever skin it has clinging to it (or it is clinging to) from a nice fowl. Set the fat, skin and all, with an onion, over low heat and let it simmer until the onions are lightly browned and skin is crisp. Pour it directly into a jar through a sieve. Be sure the jar is at room temperature and that the fat is slightly cooled or the jar will crack. This fat is golden. Treat it with respect. Fry with it. Bake with it. You have never tasted a proper baking powder biscuit until you've made one with chicken fat instead of butter or margarine. Use it for sauces and for chicken pie. Newburgs. You should store it, covered, in the refrigerator, where it will keep for a month or so. It will keep indefinitely in the freezer. The onions and the cracklings (the fried skin) are enjoyed by some after they are drained of residual grease.



Want a perfect cup of tea? An expert I know says to have the water *just* boiling when you pour it into the pot. Not under, not over the boiling point. Just boiling. It makes a difference. Have to have the pot hot, too. And loose tea leaves. Let them steep.



An early childhood memory, and a cherished one, is of my mother allowing me to have a cup of tea, strong and sweet. Floating on top would be four or five thin slices of apple, peel and all. The aroma first, then the taste of the hot, tea-soaked apple; and sipping, like a grown-up, while my mother read me a story or sang "Jerusalem, the Golden." These are precious, these memories, to us all.



Another, and a corresponding thought, is a crushed strawberry in your next cup of tea.



Leftover pastry. Cut thin strips, roll in grated cheese, bake until stiff. Cheese sticks!



A freezer, to anyone who lives in the country, is a necessity. To a gal in the suburbs, it's nearly that; and to you in the cities, it's probably sufficient to have a freezer section in a refrigerator. Nonetheless, if you have any choice in the matter and want to take my advice, cheerfully given, you'll settle for the biggest freezer section you can get, or your landlord will provide for you.

After all, life would be easier for all of us who cook if we could manage to cook for more than one day at a time, and a freezer is the greatest aid to this goal that has ever been invented.

For instance, soup. Now it's just as easy to fix a big pot of soup as a small one. Put the extra soup in large or small juice cans, whichever you have around. Let it cool to room temperature, cover with saran or aluminum foil, label, and put in the freezer. No need to defrost when you want soup. Just set the can on your stove, turn on the heat underneath and bring to a boil in its own can. As soon as it is defrosted sufficiently to loosen the edges, turn the block of soup, with whatever is defrosted, into your soup pot and let it finish defrosting there over a low heat.

Shape a *lot* of hamburgers when you're fixing them (with or without sour cream), set them on a cookie tin and set this, uncovered, in your freezer. Let the hamburgers freeze, pick them up, toss them in a plastic bag, close the bag, airtight, and, come another evening, lift out those you need. Thaw them or not as you wish, and cook. Don't put the hamburgers in the bag before they're frozen; they'll stick together.

If you will bake a batch of cookies, freeze them on trays and, when they're frozen hard, keep them in one of those cardboard boxes supermarkets sell peaches and pears in, with a light covering of saran, you'll find they will be simply out-of-this-world wonderful, eaten *directly* from the freezer, ice cold. This, I assure you, is a delicacy.

A glamor touch with roast beef or pot roast is a half pint of cream, stiffly whipped, into which you have stirred carefully 2 tablespoons of creamed horseradish. Use what you want of this, and, should there be some left over, make little dollops of this on a tray or on a triple-folded sheet of alumi-

num foil and freeze until hard. Lift them off with a pancake turner, toss them into a bag and come back after them the next time you have beef. Don't forget them with beets, either; and one of those blobs on top of a bowl of hot consommé with caviar (black or red, depends on your budget) last minute, of course, is the touch precise. They'll defrost quickly after they hit the soup, so add them frozen.

Speaking of freezing things on trays and cookie tins, the only way to freeze a blueberry is to spread about a pint of them, one layer deep, on a tray and let them freeze until they're hard like marbles. This takes about an hour. Dump them into a plastic bag; removed by handfuls, they can be used frozen in muffins, pancakes, pies. Remember this next blueberry season, for this is one item you cannot, at this writing, buy—a properly frozen unsweetened blueberry. So do this yourself.

Scones, popovers, muffins—if you're a small family, bake a dozen, freeze the extras in plastic bags, remove them as wanted and in the number wanted, and there you are. Re-heat them the way you baked them in the first place.

When I send John to town with a list, I use the words *not* and *only if* frequently. He's used to it. I will write:

garlic powder (not *garlic salt*)

mayonnaise (not *salad dressing*)

rib roast (only if *aged*)

Chinese vegetables (not *bean sprouts*)

green grapes (only if *firm*)

Makes a difference. There's a right thing and a wrong thing and one is not the other.



One day I was being interviewed on a radio program by a gal who, I thought, was rather myopic about food for somebody in charge of a food program. Not asking me how I felt about it, she launched into a verbal attack on "all these people who think they've discovered sour cream!" She was aroused. "Sour cream! Sour cream!" she cried. "What's so wonderful about sour cream!"

She was referring to the commercial, cultured sour cream, of course. I listened to her for a while and, before I had an opportunity to express my feelings, she was off on another tangent.

It started me thinking, though, of all she was missing! Had she, I wondered, ever made a chocolate cake with sour cream instead of sour milk or buttermilk or whatever? Light as a feather, that's all! Had she ever folded a spoonful of sour cream into green beans with dill? Fresh beans, right from the garden?

I, for one, use commercial sour cream wherever and whenever I can, within the limits of logic. If I think a recipe might be improved by it, I try it.

Another example I can think of is a bunch of green grapes, brown-sugar frosted, set on lovely crystal dishes with a tablespoon or two of sour cream for dunking purposes. A can of frozen cherries, partially thawed and piled into sherbet glasses, topped with a tablespoon of sour cream, slightly sweetened, is a departure from the mundane.

I'm sure she didn't know that, instead of whipped cream, which is sometimes too rich after dinner (always so, for me), just about the best dessert sauce in the world is that which I call Sour Cream Sauce: just plain commercial sour cream with a tablespoon of sugar and a teaspoon of vanilla stirred into each cup with a fork, lightly. Serve this on plain sponge cake, topped with bitter orange sauce.

It, the Sour Cream Sauce, keeps and keeps. I pile what hasn't been used right back into the sour cream carton from which it came, write s.c.s. on the lid and know that's what it is. There is a hidden tartness here but, for those whose husbands say they won't touch sour cream, it's so perfectly disguised, you can safely, crossing your fingers, lie about it. Call it anything! They'll never, never know.

Not to labor a point, sour cream is also useful to have around for another purpose. You know how many recipes there are which call for *naturally* soured milk. People always complain to me when I ask for this ingredient. My recipe, for instance, for Blueberry Hill pancakes calls for this—as does my banana bread—my devil's food cake. (All in my *Blueberry*

Hill Cookbook.) People say to me, again and again: "But how do you get naturally soured milk? We never have it around. In some cities, they tell me, what with the additives dairies now put in milk to keep it fresh, it takes practically forever for the milk to sour. In fact, sometimes it never does; it just fades away, chalklike.

Well, to make sweet milk sour, just smear the inside of a large water glass with commercial sour cream, coating it well. Fill the glass with fresh milk. Leave it alone, preferably in a warm place, for a few hours, and there you are. The milk is sour. Go ahead with your recipe. If you're not in a rush for it, it will sour in the refrigerator overnight by this method.



Make yourself some fried ripe banana slices some morning. Peel them, slice them lengthwise, and then fry them in butter; lift them out of the pan and frizzle some drained grated pineapple in the same pan. You might need a little more butter. Lift the pineapple out and, again buttering the pan, make yourself a plain, simple, beautiful omelet. Fry or broil a thin slice of ham more or less at the same time. Pile the bananas and pineapple on the ham, set it next to the omelet, and have yourself a feast. A **HAWAIIAN OMELET**.



When things stick on your griddle, sprinkle it well with salt. Wipe it off with a paper towel and start again.



I freeze many boxes of cranberries each winter and use them year round for cranberry bread, which calls for them cut in half. Cut the berries in half before you freeze them and you won't have to thaw them when you bake your bread—which calls for them cut, as you will see if you will look. Just toss them, frozen, in a little flour and add them to the batter. They'll do fine; you'll need to add about ten minutes to the time of baking to take care of the freezing. Freeze them in the boxes they come in.



I've said it here and there throughout this book. Still it bears repeating. There's a most important thing to remember about

frying: use a heavy pan, always, preferably a black iron one, though cast aluminum will do. Then get the pan hot enough to sizzle a drop of water. Then, and only then, add your butter or oil. Hear it sizzle as it hits, then bring it to a bubble. Now you can add whatever it is you're frying. Only thus can you get a nice, crisp, brown bottom to a corned-beef hash, for instance; a beautifully, lightly browned omelet. Good rule. Follow it.



You've heard of clarified butter, surely. Most professional chefs prefer it to the ordinary butter for frying. Butter, in its natural state, is only 80 percent fat and 20 percent nonfat (list this under irrelevant facts imparted by Elsie). Clarification gets rid of the nonfats, leaving pure fat. It's the nonfats, which are milk solids and moisture, that are the reason for all that sputtering and spattering in frying—and, as well, the reason for the common problem of burning the butter before you're through with the frying itself. Also, if you use clarified butter instead of nonclarified, you can safely grease a cake pan with butter. Nonclarified butter sometimes burns in baking (particularly with cookies) and, as well, sometimes will make your cake stick to the pan.

To clarify butter, all you need do is heat the butter over a slow heat until it is melted. There will be a froth on top, which you skim off. Then strain the rest of the butter through a fine cheesecloth. Discard the cloth and its residue of nonfat particles. The balance will be clarified butter. Refrigerate it and use it when you wish to fry or sauté anything in butter. An important sequitur is that clarified butter also has a beautiful flavor, a nutty taste that butter itself doesn't have.



I have a few copper canisters in my kitchen that I use for one thing and another. There always seems, however, to be one of them with nothing in it. After opening this one seeking tea or sugar or coffee, I decided to label it. It says, 'NOTHING.' Now I don't bother looking into it. It tells me what I want to know.



With the rise in popularity of coffee houses in many of the large cities, it's nice to know what you're ordering when you ask for the coffees with the strange names. Well, one of my favorites is **CAFFE CAPPUCCINO**, which is equal quantities of steaming Italian coffee and steaming milk. They're poured into special cups called cappuccino cups and the coffee is then sprinkled with cinnamon and nutmeg. Sugar is added by those who wish it.

My very special favorite is called **CAFFE BORGIA**, which is equal quantities of steaming Italian coffee and hot chocolate. These are poured into cups and topped with sweetened whipped cream, then sprinkled with grated orange peel. This is divine after a brisk walk or a skating session.

Of course, the simple espresso is the ultimate here. There's a little coffee shop in Boston, The Florio, that I visit whenever I'm in that city. I am in a rut, there. Always I have a sliced hard-cooked egg sandwich with anchovies on pumpernickl bread and a cup of espresso, or two.

One of the good things, I think, about the popularity of all the little coffee houses in large cities is that it makes it possible for a young man to take a young lady out on a date without going to a place where alcohol is the only possible beverage. Some people like this, and some don't. I, whose alcoholic intake per year could be poured into a thimble, like it.



Taking a walk in May on any of the country roads leading to and from Blueberry Hill is a pleasant matter. There are, it seems, at least fifty kinds of greens in the hills, through the woods. Wherever you look, another green. I took a walk, one day early in May, to the Carters', a mile down the road. I saw skunk cabbage, cowslips, pussy willows turning into the palest green fuzzy flowers. The pussy willows themselves have come and gone by May. We soak them in water and use the pale green for paints. There are wild bell-like flowers. Shad tree blossoms, like nothing more than white stars, everywhere, and, of course, the dandelions. Lots of these are proper for eating: fiddleheads, the curled up beginnings of

the ferns. Smooth is right for the palatable ones. Our Vermont neighbors eat the leaves of the cowslips like spinach. The tiny dandelions make the most delicate sort of salad, but only before the blossoming of the flower. Later, in our salads, the flower of the nasturtium. So much for free. So lovely a place to live.

DISHES FOR FREEZING

- almonds with slivered veal, 77
- apple bread, 161
- apple mousse, French, 216
- apple pie, Italian, 193
- apple pie, macaroon-topped, 196
- apple syrup with rock Cornish hens, 31
- apricot delight, 216
- aspic, veal in, 81

- bamboo shot pork, 72
- beef:
 - chipped, 47
 - chuck roast, 46
 - corned-beef hash, 52, 53
 - meat loaf, 51
 - New England boiled dinner, 53
 - pot roasts, 47
 - smothered steak, 49
 - steak teriyaki, 50
- beet borscht, 6
- blintzes, cheese, 222
- blueberry cake, 170
- boiled dinner, New England, 53
- borscht, beet, 6
- bouillon, court, 18
- bread:
 - fresh apple, 161
 - lemon, 160
- 244
- quick cinnamon hot coffee, 159
- toasted unsliced, 158
- broth:
 - chicken, 33
 - with escarole, chicken, 8
 - turkey, 42
- butter:
 - for steak, flavored, 51
 - mint, 64

- cake:
 - blueberry, 170
 - celebration, sunny lemon, 176
 - cheese, perfect, 172
 - chocolate upside-down, 174
 - coffee icebox, 174
 - crazy, 175
 - Danish veal, 82
 - French coffee, 163
 - quick cinnamon hot coffee, 159
 - rum, 178
 - sour cream coffee, 162
 - sour cream spice, 180
 - tipsy, 209
- capered lamb shanks, 60
- casseroles:
 - chicken and mushroom, 35
 - chicken liver, 45

- casseroles (*cont.*)
party chicken, 37
turkey and chestnuts supreme, 43
- cheese:
blintzes, 222
cake, perfect, 172
and noodles baked with ham, 94
- cherry pie, 198
- chestnut delice, 214
- chestnuts:
puréed, 59
and turkey casserole supreme, 43
and turkey supreme, 40
and veal supreme, 80
as vegetable, 104
- chicken:
broiled, soaked in sherry, 36
broiler, marinated, 39
broth, 33
broth with escarole, 8
Bruce's No. 1, 32
casserole, party, 37
Cumberland, 36
Italienne, 38
liver casserole, 45
marinade for, 39
and mushroom casserole, 35
à l'orange, 28
rotisserie, 37
savory broiled, 34
stock, 33
- chipped beef, 47
- chocolate drop cookies, 184
- chocolate upside-down cake, 174
- chops:
baked pork, 71
pork, country style, 70
- chowder, Lithuanian fish, 7
- cobbler, cranberry, 218
- coconut cream pie, 196
- coconut refrigerator cookies, 188
- coffee bread, quick cinnamon hot, 159
- coffee cakes:
French, 163
icebox, 174
quick cinnamon hot, 159
sour cream, 162
- cookies:
chocolate drop, 184
gingerbread, 186
heavenly, 188
Joe Froggers, 189
lemon ginger drop, 185
Marie's peanut butter, 191
peanut delights, 189
sour cream drop, 184
- corned-beef hash, 52, 53
- court bouillon, 18
- crab, imperial, 24
- crabmeat and mushroom stuffing with flounder rings, 14
- cranberry:
cobbler, 218
pie, 197, 198
shortcake, 218
- cream:
deluxe whipped, 203
muffins, 164
pie, apple, No. 2, 195
pie, coconut, 196
sour, with roast lamb, 61
- creamed spinach, 113
- Cumberland, chicken, 36
- Cumberland sauce, 37
- cup cakes, charming, 171
- currant pie, unripe, 201
- cutlet, broiled veal, 76
- desserts:
apricot delight, 216
cheese blintzes, 222
chestnut delice, 214
chestnut pudding, 214
cranberry cobbler, 218
cranberry shortcake, 218
deluxe whipped cream, 203
French apple mousse, 216
Indian pudding, 226
pineapple milk sherbet, 225

desserts (*cont.*)

- syllabub, 209
- tipsy cake, 209
- tipsy parson, 208
- trifle, 208
- doughnuts, sour cream, 166
- duckling, Long Island, broiled, 40

escarole with chicken broth, 8

fish:

- bay scallops with almonds, 19
- chowder, Lithuanian, 7
- crab, imperial, 24
- halibut Polonaise, 17
- oysters, scalloped, 25
- pike bake, 12
- raw, 20
- salmon, fresh baked, 16
- salmon steaks, 16
- scallops, sherried, 26
- seafood pot pie, 19
- shad roe supreme, 21
- shrimp DeJong, 27
- whitefish bake, 12

frostings (see icings)

ginger drop cookies, lemon, 185

gingerbread, Catherine's refrigerated, 177

gingerbread cookies, 186

gingerbread sauce, 182

gooseberry pie, 200

gooseberry tart, 200

gravy, salt pork and cream, 73

ham:

- and cheese, noodles baked with, 94
- fresh, in Elsie's barbecue sauce, 68
- leftover slices, 70
- sauce for, 70
- hamburger, variations on, 52
- hash, corned-beef, 52, 53

horseradish, whipped sauce, 55

hubbard squash, scalloped, 115

icings:

- black velvet, 181
- decorators, 186
- Green Mountain, 181
- lemon, 177
- Indian pudding, 226

lamb:

- with apricots, 57
- capered shanks, 60
- crown roast with puréed chestnuts, 59
- mutton, English roast, 62
- ragout, 63
- roast, marinated, 48
- roast with sour cream, 61
- with sauterne, 60
- teriyaki, 59

lemon:

- angel pie, 202
- bread, 160
- frosting, 177
- ginger drop cookies, 185
- pie, true two-crust, 199

liver:

- casserole, chicken, 45

maple muffins, 165

marinades:

- for chicken, 39
- for thick steak, 51
- for venison, 48

marzarin tarts, 204

meat loaf, 51

Melba toast, 158

meringue shell, 202

meringue tarts, mocha, 204

mint butter, 64

mint sauces, 63, 64

mousses:

- French apple, 216

muffins:

- cream, 164
- maple, 165
- mush, 164

mushrooms:

- and chicken casserole, 35
- and crabmeat stuffing, flounder rings with, 14
- superb, 108
- and zucchini casserole, 116

mustard sauces, 26, 56

mutton, English roast, 62

onions:

- scalloped potatoes with, 89

oysters:

- scalloped, 25

Parmigiana, veal, 75

peach pie, German, 205

peanut butter cookies, Marie's, 191

peanut delights, 189

piecrusts, 195

- Elsie's, 194

- Russian, 200

pies:

- apple, Italian, 193
- apple, macaroon-topped, 196
- apple cream No. 2, 195
- bing cherry, 198
- coconut cream, 196
- cranberry, 197, 198
- currant, unripe, 201
- gooseberry, 200
- lemon angel, 202
- peach, German, 205
- seafood pot, 18
- soda cracker, 206
- strawberry, open, 207

pie shell, meringue, 202

pig, little baked, 65

pignolia, rice, 97

pike bake, 12

pineapple milk sherbet, 225

pork:

- bamboo shot, 72
- chops, baked, 71
- chops, country style, 70
- fresh ham in Elsie's barbecue sauce, 68
- roast, loin, 67
- roast with prunes, 66

pork (*cont.*)

- salt, and cream gravy, 73
- sausage in pastry, 73
- steaks, 71

pot pie, seafood, 18

pot roasts, individual, 47

potato pudding, 90

potato soup, baked, 9

potatoes:

- Carolina yams, 90
- à la Riley, 88
- scalloped, quick, 90
- scalloped with onion, 89

prunes, pork roast with, 66

puddings:

- chestnut, 214
- Indian, 226
- potato, 90

ragout, lamb, 63

rhubarb soup, 11

rice:

- fluffy boiled, 98
- pignolia, 97
- rock Cornish hens with apple syrup, 31

rum cake, 178

salmon:

- baked fresh, 16
- steaks, 16

salt pork and cream gravy, 73

sauces:

- butter, flavored, for steak, 51
- Cumberland, 37
- Elsie's barbecue, 68
- for gingerbread, 182
- for ham, 70
- horseradish, whipped, 55
- mint, 63, 64
- mustard, 56
- for spaghetti, green, 96
- for venison, 48

sausage in pantry, 73

sauterne with lamb, 60

scallops:

- bay, with almonds, 19
- sherried, 26
- veal, in wine, 78

schnitzel, Wiener, 79
 seafood pot pie, 18
 sherbet, pineapple milk, 225
 sherried scallops, 26
 sherry, broiler soaked in, 36
 shortcake, cranberry, 218
 shrimp DeJong, 27
 soups:
 beet borscht, 6
 broth, 8
 chicken broth, 33
 chicken broth with escarole, 8
 chicken stock, 33
 fish chowder, Lithuanian, 7
 potato, baked, 9
 rhubarb, 11
 stock, 8
 vichyssoise, 10
 watercress, 10
 sour cream:
 coffee cake, 162
 doughnuts, 167
 drop cookies, 184
 roast lamb with, 61
 spice cake, 180
 spaghetti, green sauce for, 96
 spinach:
 creamed, 113
 German, 113
 New Zealand, 113
 steaks:
 flavored butter for, 51
 marinade for thick, 51
 pork, 71
 salmon, 16
 smothered, 49
 teriyaki, 50
 stock, chicken, 33
 strawberry pie, open, 207
 stuffing, mushroom and crab-meat, flounder rings with, 14
 sweetbreads, 83
 tarts:
 gooseberry, 200
 jam or fruit, 207

tarts (*cont.*)
 marzarin, 204
 mincemeat, 203
 mocha meringue, 204
 teriyaki, lamb, 59
 teriyaki, steak, 50
 tipsy parson, 208
 toast:
 Melba, 158
 trifle, 208
 turkey:
 broiled, 43
 broth, 42
 and chestnuts supreme, 40
 and chestnuts supreme cas-serole, 43
 upside-down cake, chocolate, 174
 veal:
 in aspic, 81
 broiled cutlet, 76
 and chestnuts supreme, 80
 Danish cakes, 82
 paprika, 76
 Parmigiana, 75
 rolls, 77
 scallops in wine, 78
 slivered with almonds, 77
 sweetbreads, 83
 Wiener schnitzel, 79
 venison:
 marinade for, 48
 roast, 48
 sauces, 48
 vichyssoise, 10
 watercress soup, 10
 whitefish bake, 12
 wine, veal scallops in, 78
 yams, Carolina, 90
 zucchini and mushroom cas-serole, 116

INDEX

- almonds with bay scallops, 19
- almonds with slivered veal, 77
- appetizers:
 - cauliflower flowerets, 104
 - mushroom hors d'oeuvre, 108
 - sardine, 16
 - sturgeon, 13
 - whitefish, 13
- apple bread, 161
- apple cream pie, 195
- apple mousse, French, 216
- apple pie, Italian, 193
- apple pie, macaroon-topped, 196
- apple syrup with rock Cornish hens, 31
- apples:
 - baked, 210
 - sautéed tart, 67
 - stewed, 146
 - winy, 147
- applesauce deluxe, 210
- apricot delight, 216
- apricot omelet layer cake, 170
- apricot preserves, 142
- apricots with lamb, 57
- artichokes and mushrooms, 101
- asparagus:
 - Chinese, 102
 - dressing for, 102
- aspic, veal in, 81
- avocado and caper salad, 129
- avocado fruit salad, 130
- bamboo shot pork, 72
- banana molded salad, 133
- bananas and strawberries,
 - baked, 217
- barley for dessert, 226
- barley, fried, 99
- beans, green, with herb butter, 154
- beef, 46-54
 - chipped, 47
 - chuck roast, 46
 - corned-beef hash, 52, 53
 - hamburger variations, 52
 - meat loaf, 51
 - New England boiled dinner, 53
 - pepper steak, 50
 - pot roasts, 47
 - smothered steak, 49
 - steak au poivre, 50
 - steak teriyaki, 50
- beet borscht, 6
- beet preserves, 142
- beet soup, Polish jellied, 5
- blintzes, cheese, 222
- blueberry cake, 170

blueberry gin sauce, 217
 boiled dinner, New England,
 53
 borscht, beet, 6
 bouillon, court, 18
 breads, 156-168
 fresh apple, 161
 grilled, 158
 lemon, 160
 quick cinnamon hot coffee,
 159
 toasted unsliced, 158
 Vermont fried, 157
 broth:
 chicken, 33
 with escarole, chicken, 8
 turkey, 42
 Brussels sprouts, carrots and
 onions, 109
 butter:
 caper, 88
 clarified, 241
 herb, 154
 mint, 64
 for steak, flavored, 51
 cabbage elegant, 103
 caffe Borgia, 242
 caffe cappucino, 242
 cakes, 169-182
 apricot omelet layer, 170
 blueberry, 170
 celebration, sunny lemon,
 176
 cheese, perfect, 172
 chocolate upside-down, 174
 coffee icebox, 174
 crazy, 175
 Danish veal, 82
 French coffee, 163
 lemon celebration, 176
 quick cinnamon hot coffee,
 159
 rum, 178
 sherried potato, 85
 sour cream coffee, 162
 sour cream spice, 180

cakes (*cont.*)
 spice, Aunt Tat's, 180
 tipsy, 209
 calves' feet jelly, 142
 calves' liver sauté, 55
 calves' liver superb, 55
 caper butter, potatoes with, 88
 capered lamb shanks, 60
 capers, chicken with, 34
 carrots:
 baked, 103
 with dill, 103
 with onions and Brussels
 sprouts, 109
 casseroles:
 chicken and mushroom, 35
 chicken liver, 45
 party chicken, 37
 turkey and chestnuts su-
 preme, 43
 cauliflower salad, cold, 129
 caviar lunch, red, 14
 Cheddar mold, creamy, 131
 cheese:
 blintzes, 222
 cake, perfect, 172
 and noodles baked with ham,
 94
 sauce with ham sandwiches,
 69
 soufflé, sherried, 126
 sticks, 236
 cherries, preserved, 147
 cherry pie, Bing, 198
 chestnut boulettes, 105
 chestnut creme, 213
 chestnut delicé, 214
 chestnut pudding, 214
 chestnuts:
 with coffee sauce, 212
 to prepare, 41
 puréed, 59
 and turkey casserole, su-
 preme, 43
 and turkey supreme, 40
 and veal supreme, 80
 as vegetable, 104

- chicken:
 broiled, soaked in sherry, 36
 broiler, marinated, 39
 broth, 33
 broth with escarole, 8
 Bruce's No. 1, 32
 Bruce's No. 2, 33
 with capers, 34
 casserole, party, 37
 Cumberland, 36
 fat, 236
 Italienne, 38
 linguini, 30
 liver casserole, 45
 livers in guava jelly, 43
 livers, party, 44
 marinade for, 39
 and mushroom casserole, 35
 à l'orange, 28
 parchment, 31
 rotisserie, 37
 savory broiled, 34
 stock, 33
 with white grapes, 36
chickeny tuna salad, 139
Chinese asparagus, 102
chipped beef, 47
chocolate drop cookies, 184
chocolate upside-down cake,
 174
chops:
 baked pork, 71
 pork, country style, 70
chowder, Lithuanian fish, 7
clam quiche, 22
cobbler, cranberry, 218
coconut cream pie, 196
coconut refrigerator cookies,
 188
coffee:
 caffè Borgia, 242
 caffè cappucino, 242
 espresso, 242
coffee bread, quick cinnamon
 hot, 159
coffee cakes:
 French, 163
 coffee cakes (*cont.*)
 icebox, 174
 quick cinnamon hot, 159
 sour cream, 162
cold cuts, sauce for, 55
conserve, rhubarb and orange,
 150
consommé on the rocks, 8
cookies, 183-191
 chocolate drop, 184
 coconut refrigerator, 188
 gingerbread, 186
 heavenly, 188
 Joe Froggers, 189
 lemon ginger drop, 185
 Marie's peanut butter, 191
 peanut delights, 189
 sour cream drop, 184
corned-beef hash, 52, 53
court bouillon, 18
crab, imperial, 24
crabmeat and mushroom stuff-
 ing with flounder rings,
 14
cranberries, spiced, 144
cranberry:
 cobbler, 218
 garnish, 144
 jelly, 144
 pie, 197, 198
 shortcake, 218
cream:
 deluxe whipped, 203
 eggs poached in, 121
 muffins, 164
 pie, apple, No. 2, 195
 pie, coconut, 196
 sausages in, 74
 sour, with roast lamb, 61
creamed spinach, 113
creamy Cheddar mold, 131
creamy eggs, 124
creamy potato cubes, 89
crepes Suzette, 220
crisp, plum, 217
croquembouche, 215
cucumber sauce, 16

cucumbers with honey, 105
 cucumber-shrimp salad, 131
 Cumberland, chicken, 36
 Cumberland sauce, 37
 cup cakes, charming, 171
 currant pie, unripe, 201
 curry, lamb, 63
 cutlet, broiled veal, 76

 desserts, 208-228
 applesauce deluxe, 210
 apricot delight, 216
 baked bananas and strawberries, 217
 banana molded salad, 133
 barley, 226
 cheese blintzes, 222
 chestnut creme, 213
 chestnut delice, 214
 chestnut pudding, 214
 chestnuts with coffee sauce, 212
 cottage pancake, 221
 cranberry cobbler, 218
 cranberry shortcake, 218
 cream maple puffs, 211
 crepes Suzette, 220
 croquembouche, 215
 custard, sherry, 212
 deluxe whipped cream, 203
 French apple mousse, 216
 gingerbread waffle, 223
 Indian pudding, 226
 molasses creme, 211
 orange fluff, 224
 peaches, 218
 pineapple milk sherbet, 225
 plum crisp, 217
 rice creme, 227
 sherry custard, 212
 sherry wine ambrosia, 224
 strawberries and grapefruit, 219
 strawberry tart, 219
 syllabub, 209
 thin Swedish pancakes, 222
 tipsy cake, 209

desserts (*cont.*)
 tipsy parson, 208
 tomatoes, 211
 trifle, 208
 zabaglione, almost, 225
 dill with carrots, 103
 doughnuts, sour cream, 166
 dressings (*see also* salad dressings) for asparagus, 102
 for hot potato salad, 137
 duckling, Long Island, broiled, 40

 eggplant, broiled, 106
 eggs, 119-127
 boiled, 121
 in brown butter, 121
 creamy, 124
 double-boiler, 121
 mushroom omelet, 124
 oeufs Bercy, 125
 piperade basque, 124
 poached in cream, 121
 poached in maple syrup, 120
 salad, 132
 scrambled with tomatoes, 124
 sherried cheese soufflé, 126
 shirred, 125
 shirred with livers, 125
 spicy mushroom omelet, 122
 escarole with chicken broth, 8
 espresso, 242

 fennel, baked, 106
 fettucini Alfredo, 92
 fines herbes, 154
 finnan haddie, 15
 fish, 12-27
 bay scallops with almonds, 19
 chowder, Lithuanian, 7
 clam quiche, 22
 crab, imperial, 24
 cucumber sauce for, 16
 fillet of sole Chablis, 20
 fillets, Nance's broiled, 15
 finnan haddie, 15

fish (*cont.*)

flounder rings with crabmeat
 and mushroom stuffing, 14
 halibut Polonaise, 17
 kippers, grilled, 16
 lobsters, Anna's broiled, 24
 mustard sauce for shrimp, 26
 oysters, roast, 25
 oysters, scalloped, 25
 oyster toast, 25
 pike bake, 12
 raw, 20
 salmon, fresh baked, 16
 salmon pea-wiggle, 16
 salmon steaks, 16
 sardine appetizer, 16
 scallops, sherried, 26
 seafood better than yesterday, 18
 seafood pot pie, 19
 shad roe, broiled, 21
 shad roe supreme, 21
 shrimp DeJong, 27
 smelt, fried, 20
 trout baked with lettuce, 13
 whitefish bake, 12
 whitefish or sturgeon appetizer, 13
 flounder rings with crabmeat
 and mushroom stuffing, 14
 freezer, how to use, 237
 French toast, 166
 frostings (*see* icings)
 fudge sauce, 228

 garnish, cranberry, 144
 ginger drop cookies, lemon, 185
 gingerbread, Catherine's refrigerated, 177
 gingerbread cookies, 186
 gingerbread sauce, 182
 gingerbread waffle, 223
 gooseberry pie, 200
 gooseberry tart, 200
 gravy, salt pork and cream, 73

green beans with herb butter, 154
 green sauce for spaghetti, 96
 green tomato fry, 117
 griddlecakes, rice, 99
 guava jelly, chicken livers in, 43

halibut Polonaise, 17

ham:

cakes, hot, 70
 and cheese, noodles baked with, 94
 fresh, in Elsie's barbecue sauce, 68
 leftover slices, 70
 sandwiches with cheese sauce, 69
 sauce for, 70
 hamburger, variations on, 52
 hard sauce, sherry, 227
 hash, corned-beef, 52, 53
 herb butter, 154
 herbes, fines, 154
 herbs, 152-155
 basil, 153
 garlic, 154
 green beans with herb butter, 154
 various uses, 153
 honey with cucumbers, 105
 hors d'oeuvre, mushroom, 108
 horseradish mousse, 135
 horseradish sauce, whipped, 55
 hubbard squash, scalloped, 115

icings:

black velvet, 181
 decorators, 186
 Green Mountain, 181
 lemon, 177
 Indian pudding, 226

jellies:

calves' feet, 142
 cranberry, 144

- jellies (*cont.*)
 - guava, chicken livers in, 43
 - port wine, 145
- kippers, grilled, 16
- kuchen, onion, 110
- lamb, 57-64
 - with apricots, 57
 - capered shanks, 60
 - charcoal-broiled marinated, 57
 - crown roast with puréed chestnuts, 59
 - curry after a fashion, 63
 - mutton, English roast, 62
 - ragout, 63
 - roast, marinated, 48
 - roast with sour cream, 61
 - with sauterne, 60
 - teriyaki, 59
- leeks, 105, 106
- lemon:
 - angel pie, 202
 - bread, 160
 - celebration cake, sunny, 177
 - frosting, 177
 - ginger drop cookies, 185
 - mayonnaise, 139
 - pie, true two-crust, 199
 - toast, 160
- lettuce:
 - peas in, 112
 - trout baked with, 13
- linguini, chicken, 30
- liver:
 - calves', 55
 - casserole, chicken, 45
 - chicken, in guava jelly, 43
 - party chicken, 44
 - with shirred eggs, 125
- lobsters, Anna's broiled, 24
- maple muffins, 165
- maple puffs, cream, 211
- maple syrup, eggs poached in, 120
- marinades:
 - for chicken, 39
 - for thick steak, 51
 - for venison, 48
- marmalade:
 - pumpkin, 148
 - summer, 149
- marzarin tarts, 204
- mayonnaise, lemon, 139
- meat loaf, 51
- meats, *see under individual kinds*
 - accompaniments for, 146-148
- Melba toast, 158
- melon pie, 201
- meringue shell, 202
- meringue tarts, mocha, 204
- mint butter, 64
- mint leaves, frosted, 151
- mint sauces, 63, 64
- mocha meringue tarts, 204
- mousses:
 - French apple, 216
 - horseradish, 135
- muffins:
 - cream, 164
 - maple, 165
 - mush, 164
- mushrooms:
 - and artichokes, 101
 - and chicken casserole, 35
 - and crabmeat stuffing, flounder rings with, 14
 - dried, 107
 - hors d'oeuvre, 108
 - omelets, 122, 124
 - pickled, 107
 - salads, Genevieve's raw, 134, 135
 - superb, 108
 - and zucchini, 116
 - and zucchini casserole, 116
- mustard sauces, 26, 56
- mutton, English roast, 62
- New England boiled dinner, 53

noodles:

- Alsacienne, 93
- Anton, 94
- baked with ham and cheese, 94
- fettucini Alfredo, 92

omelet layer cake, apricot, 170

omelets:

- Hawaiian, 240
- mushroom, 122, 124
- piperade basque, 124
- puffy, 122
- rice, 98
- variations, 124

onion sandwich, 109

onions:

- with Brussels sprouts and carrots, 109
- kuchen, 110
- scalloped potatoes with, 89
- sherried, 109

orange and rhubarb conserve, 150

orange fluff, 224

oyster toast, 25

oysters:

- roast, 25
- scalloped, 25

pancakes:

- cottage, 221
- potato, 89
- thin Swedish, 222

Parmigiana, veal, 75

peach pie, German, 205

peaches, four ways with, 218

peaches, quick-spiced, 148

peanut butter cookies, Marie's, 191

peanut delights, 189

peas in lettuce, 112

peas superb, 112

pepper steak, 50

pickled mushrooms, 107

pie shell, meringue, 202

piecrusts, 195

- Elsie's, 194
- Russian, 200

pies, 192-207

- apple, Italian, 193
- apple, macaroon-topped, 196
- apple cream No. 2, 195
- bing cherry, 198
- coconut cream, 196
- cranberry, 197, 198
- currant, unripe, 201
- gooseberry, 200
- lemon, true two-crust, 199
- lemon angel, 202
- melon, 201
- peach, German, 205
- seafood pot, 18
- soda cracker, 206
- strawberry, open, 207

pig, little baked, 65

pignolia, rice, 97

pike bake, 12

pilaf, savory, 98

pineapple milk sherbet, 225

plum crisp, 217

pork, 65-74

- bamboo shot, 72
- chops, baked, 71
- chops, country style, 70
- fresh ham in Elsie's barbecue sauce, 68
- ham sandwiches with cheese sauce, 69
- little baked pig, 65
- roast, loin, 67
- roast with prunes, 66
- salt, and cream gravy, 73
- sausage in pastry, 73
- sausages in cream, 74
- steaks, 71

port wine jelly, 145

pot pie, seafood, 18

pot roasts, individual, 47

potato balls, crusty, 85

potato cakes, sherried, 85

potato pancakes, 89

potato pudding, 90

- potato soup, baked, 9
- potatoes, 84-91
 - with caper butter, 88
 - Carolina yams, 90
 - Chantilly, 88
 - cocktail, 84
 - creamy cubes, 89
 - julienne, 86
 - parsley, 87
 - peels for cocktails, 84
 - à la Riley, 88
- potato salad, 15, 136, 137
 - scalloped, quick, 90
 - scalloped with onion, 89
- poultry (*see also under individual kind*), 28-45
- preserves:
 - apricot, 142
 - beet, 142
 - cherry, 147
 - pumpkin marmalade, 148
 - rhubarb and orange conserve, 150
 - summer marmalade, 149
 - tutti-frutti, 151
- prune sauce, 146
- prunes in wine, 146
- prunes, pork roast with, 66
- puddings:
 - chestnut, 214
 - Indian, 226
 - potato, 90
 - speedy individual rice, 227
- pumpkin, supper in a, 114
- pumpkin marmalade, 148
- ragout, lamb, 63
- relishes:
 - cranberries, spiced, 144
 - cranberry garnish, 144
 - prune sauce, 146
- rhubarb and orange conserve, 150
- rhubarb soup, 11
- rice:
 - creme, 227
 - fluffy boiled, 98
 - rice (*cont.*)
 - griddlecakes, 99
 - omelet, 98
 - pignolia, 97
 - pilaf, savory, 98
 - puddings, speedy individual, 227
 - wild, ring of, 97
- roast meats (*see under individual meats*)
- rock Cornish hens with apple syrup, 31
- roe, shad, 21
- Roquefort dressing, 140
- rum cake, 178
- salad dressings:
 - for fruit salad, 130
 - lemon mayonnaise, 139
 - Roquefort, 140
 - sour cream, 140
 - sour cream caviar, 129
- salads, 128-138
 - avocado and capers, 129
 - avocado fruit, 230
 - banana molded, 133
 - cold cauliflower, 129
 - creamy Cheddar mold, 131
 - cucumber-shrimp, 131
 - egg, 132
 - horseradish mousse, 135
 - mushroom, Genevieve's raw, 134, 135
 - old-fashioned hot potato, 136
 - potato, 15
 - slaw, hot, 137
 - Sunday night, 138
 - Swedish potato, 137
 - tuna, chickeny, 139
- salmon:
 - baked fresh, 16
 - pea-wiggle, 16
 - steaks, 16
- salt pork and cream gravy, 73
- sandwiches:
 - ham, with cheese sauce, 69
 - onion, 109

- sardine appetizer, 16
sauces:
 butter, flavored, for steak, 51
 cheese, with ham sandwiches, 69
 for cold cuts, 55
 cucumber, 16
 Cumberland, 37
 Elsie's barbecue, 68
 fudge, 228
 for gingerbread, 182
 for ham, 70
 horseradish, whipped, 55
 mint, 63, 64
 mustard, 56
 mustard for shrimp, 26
 prune, 146
 sour cream, 238
 sherry hard, 227
 for spaghetti, green, 96
 for venison, 48
 wine, 215
sausage in pastry, 73
sausages in cream, 74
sauterne with lamb, 60
scallops:
 bay, with almonds, 19
 schnitzel, Wiener, 79
 sherried, 26
 veal, in wine, 78
seafood better than yesterday, 18
seafood pot pie, 18
shad roe, 21
sherbet, pineapple milk, 225
sherried onions, 109
sherried potato cakes, 85
sherried scallops, 26
sherry, broiler soaked in, 36
sherry hard sauce, 227
sherry wine ambrosia, 224
shortcake, cranberry, 218
shrimp, mustard sauce for, 26
shrimp DeJong, 27
shrimp-cucumber salad, 131
slaw, hot, 137
smelt, fried, 20
sole, fillet of, Chablis, 20
soufflés:
 sherried cheese, 126
 spinach, 114
soups, 5-11
 beet borscht, 6
 broth, 8
 chicken broth, 33
 chicken broth with escarole, 8
 chicken stock, 33
 consommé on the rocks, 8
 fish chowder, Lithuanian, 7
 jellied beet, Polish, 5
 potato, baked, 9
 rhubarb, 11
 stock, 8
 vichyssoise, 10
 watercress, 10
sour cream, 238
 coffee cake, 162
 doughnuts, 167
 dressing, 140
 drop cookies, 184
 roast lamb with, 61
 sauce, 238
 spice cake, 180
spaghetti, green sauce for, 96
spinach:
 creamed, 113
 German, 113
 New Zealand, 113
 soufflé, 114
squash, scalloped hubbard, 115
squash blossoms, 115
steak au poivre, 50
steaks:
 flavored butter for, 51
 marinade for thick, 51
 pepper, 50
 pork, 71
 salmon, 16
 smothered, 49
 teriyaki, 50
stock, chicken, 33
strawberries and bananas,
 baked, 217

strawberries and grapefruit, 219
 strawberry pie, open, 207
 stuffing, mushroom and crab-
 meat, flounder rings with,
 14
 sweetbreads, 83
 Swiss chard, 117
 syllabub, 209
 tarts:
 gooseberry, 200
 jam or fruit, 207
 marzarin, 204
 mincemeat, 203
 mocha meringue, 204
 teriyaki:
 lamb, 59
 steak, 50
 tipsy parson, 208
 toast:
 French, 166
 lemon, 160
 Melba, 158
 oyster, 25
 tomato fry, green, 117
 tomatoes, stuffed, 118
 tomatoes for dessert, 211
 tomatoes with sweet-sour on-
 ions, 118
 trifle, 208
 trout baked with lettuce, 13
 tuna salad, chickeny, 139
 turkey:
 broiled, 43
 broth, 42
 and chestnuts supreme, 40
 and chestnuts supreme cas-
 serole, 43
 to steam, 40
 upside-down cake, chocolate,
 174

veal, 75-83
 in aspic, 81
 broiled cutlet, 76
 and chestnuts supreme, 80
 Danish cakes, 82
 paprika, 76
 Parmigiana, 75
 piquante, 78
 rolls, 77
 scallops in wine, 78
 slivered with almonds, 77
 sweetbreads, 83
 Wiener schnitzel, 79
 vegetables (*see also under in-
 dividual kind*), 101-118
 venison:
 marinade for, 48
 roast, 48
 sauces, 48
 vichyssoise, 10

 waffle, gingerbread, 223
 waffles, spread for, 168
 watercress soup, 10
 whitefish bake, 12
 Wiener schnitzel, 79
 wine ambrosia, sherry, 224
 wine jelly, port, 145
 wine, prunes in, 146
 wine sauce for croquembouche,
 215
 wine, veal scallops in, 78
 wines, 229-232
 winy apples, 147

 yams, Carolina, 90

 zabaglione, 225
 zucchini and mushrooms, 116
 zucchini and mushroom cas-
 serole, 116

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Blueberry Hill kitchen notebook.

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(continued from front flap)

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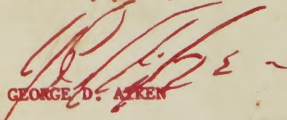


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